

الآية

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قال تعالى:

{ يَا بَنِي آدَمَ خُذُوا زِينَتَكُمْ عِنْدَ كُلِّ مَسْجِدٍ وَكُلُوا وَاشْرَبُوا وَلَا
تُسْرِفُوا ۚ إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ }

سورة الاعراف الآية (31)

Dedication

Every challenging work needs self-efforts as well as guidance of elders especially those whom were very close to our heart.

My humble effort I dedicate to my lovely family whom taught me patience, strife, and pushed

Me towards success in life and give me all care and happiness.

Along with all hard working and respected teachers

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Abstract

Back ground: Coffee is one of the most widely consumed beverages worldwide. Because of its consumption in most countries in the world, it is interesting, from both a public and a scientific perspective, to discuss its potential benefits or adverse aspects in relation to health problems. Acute Coffee consumption result in health benefits may reduce type 2 DM, obesity, liver disease. But chronic Coffee consumption result in cardiovascular diseases.

Objective: The present study was conducted to assess the serum TC, HDL, and LDL mean levels in Sudanese coffee drinker and compare it with normal value.

Methods: this was a 3-month cross sectional study based on 70 healthy coffee drinker classified into 30 men and 40 female. The TC, HDL, and LDL concentration was measured by auto chemistry analyzer using cholesterol oxidase peroxidase method, direct method, and direct method respectively. The data obtained was subjected to analysis by using statistical packaged for social science SPSS and the results showed as mean \pm standard deviation(M \pm SD).

Results: the results showed that serum total cholesterol and LDL levels in coffee drinkers were insignificantly different when compared to normal value with p value(0.067,0.715) respectively, while HDL significantly decrease in coffee drinkers when compared to normal value with p value (0.000). Correlation between TC, LDL, and HDL level and duration showed that an increasing in duration will lead to increase in TC, and LDL levels with p value (0.027,0.010 and R0.264, 0.307) respectively, while a decrease in HDL levels with p value 0.033and R 0.355).

Conclusion: this study found that there was insignificant different between serum TC, and LDL while HDL significantly decrease in coffee drinkers when compared to normal value.

Also the study showed significant positive correlation between TC and LDL while significant negative correlation between HDL in coffee drinker and duration.

المستخلص

الخلفية:

القهوة إحدى المشروبات المُستهلكة على نحو واسع حول العالم. بسبب إستهلاكه في أكثر البلدان في العالم، أصبح مثير للاهتمام من الناحيتين العامية و العلمية لمناقشة منافعِهِ المحتملة أو سُمائِهِ المضادة فيما يتعلق بمشاكل الصحة. يُؤدّي إستهلاكُ القهوة الحادّ إلى الفوائد الصحيّة قد تُخفّضُ الإصابة بمرض السكري النوع الثاني، السمنة، أمراض الكبد. لكن إستهلاكُ القهوة المُزمن يُؤدّي إلى أمراض الأوعية القلبية.

الهدف:

الدراسة الحالية أجرت لتقييم مستويات الكولسترول العام، الكولسترول الجيد و الكولسترول السيئ في بلازما شارب القهوة السوداني وتُقارنُها القيمة الطبيعية.

الطريقة:

هذه دراسة مقطعية التي أجريت ف ٣ شهور مستندة على الـ٧٠ شارب القهوة سليمين من الأمراض صنّف إلى ٣٠ رجل و ٤٠ أنثى. تركيز الكولسترول العام، الكولسترول الجيد و الكولسترول السيئ تم قياسها بمحلّ الكيمياء الآلي باستخدام تفاعل اوكسيديز بيروكسيداز، طريقة مباشرة، و طريقة مباشرة على التوالي. البيانات المكتسب أُخضعت إلى التحليل باستخدام برنامج الحزمة الاحصائية للعلوم الإجتماعية (إس بي إس إس) والنتائج أظهرت كمتوسط \pm إنحراف معياري (M \pm SD).

النتائج:

أظهرت النتائج بأن مستويات الكولسترول العام و الكولسترول السي في شرابي القهوة ليس ذات قيمة معنوية عندما تمت مقارنتها بالقيمة الطبيعية، بقيمة احتمالية (٠.٠٦٧، ٠.٧١٥) على التوالي، بينما الكولسترول الجيد شوهد نقصان بشكل ملحوظ في شرابي القهوة عندما تمت مقارنتها بالقيمة الطبيعية، بقيمة احتمالية (٠.٠٠٠).

الخاتمة:

في الدراسة المقطعية الحالية وجدت اختلاف غير معنوي بين مستويات الكولسترول العام و الكولسترول السي في شرابي القهوة عندما تمت مقارنتها بالقيمة المتعارف عليها بينما الكولسترول الجيد اظهر نقصان معنوي عندما تمت مقارنتها بالقيمة المتعارف عليها.

أيضاً أظهرت الدراسة الإرتباط إيجابي للكولسترول العام و الكولسترول السي بينما إرتباط سلبي للكولسترول الجيد بين شارب القهوة طبقاً للمدة الزمنية لشرب القهوة.

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