
Losing Weight: Men and Women React Differently to Diets

In an ongoing study, an international research team has dieted 2,224 people with overweight or obesity (median BMI over 34.7) from eight different lengths - and studied the effect over a period of eight weeks. Although the scientists have the overriding goal of comparing two different diets (high protein content versus low protein content) and two sports programs (high versus low intensity) within three years, after the first research, they first saw something quite different: how different men and women are have responded to the diet.

Men lose more weight

The study results According to reports published in the journal 'Diabetes, Obesity & Metabolism', male subjects under the special reduction diet (810 kcal daily) lost more weight than females. As reported by Pia Christensen of the University of Copenhagen, men lost an average of 11.8 kilos during the first 8 weeks, whereas women only lost 10.2. The difference is clear at 16 percent.

The men also built fat in other places and their cardiovascular system reacted differently to the conversion, the scientists report. The men lost 2.2 kilograms more fat and 1.3 kilograms less fat-free than the women. In addition, there was a greater reduction in insulin production (indicator: C-peptide) and a greater decrease in the number of men heart rate, Also the Z-score of the metabolic syndrome (evaluated the risk factors hip circumference, blood pressure and cholesterol) improved.

In the case of women, on the other hand, the hip circumference and pulse pressure dropped significantly, which the researchers rated as positive. At the same time, HDL (high-density lipoprotein) also dropped significantly.-Cholesterol and bone mass, which together with the decrease in fat-free mass is an unfavorable sign.

What the differences are based on is, according to the scientists so far unclear.

There was no difference in diabetes risk

However, with all the differences, one thing was the same in both sexes: the effect on insulin resistance, the most important risk factor for Type 2 diabetes, With all subjects reporting increased fasting blood sugar or impaired glucose tolerance indicating onset of Type 2 diabetes, scientists were able to closely examine the effects of dietary change on diabetes risk.

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The result: In both sexes, there was a significant improvement in blood sugar, which was no prediabetes in one third after 8 weeks. Whether this will prevent the development of type 2 diabetes in the long term will soon become clear: the study will last for a total of three years - and should be completed by the end of 2018.

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