

DIETARY SUPPLEMENTS FOR PREVENTING CARDIOMETABOLIC RISK IN KOREAN

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Abstract

In South Korea, the mortality rate from cardiovascular/cardiometabolic disease has continuously increased from 2.3 persons in 1983 to 16.2 persons in 1998 and reached to 25.1 persons in 2012 per 10 million person. The cardiometabolic risk describes a person's chances of damaging heart and blood vessels when one or more risk factors are present. Therefore, efforts continue to be made to prevent the development of the disease by reducing the associated risk factors such as high blood lipids, high blood pressure, hyperglycemia, and others. Although cardiometabolic disease and diet/nutrition are closely connected, dietary modification for prevention and management of chronic disease is not easy. So, dietary supplements or functional foods are widely used for preventing cardiometabolic risks. However, the effectiveness on metabolic and cardiovascular effects are still controversial. These controversial results in experimental studies with animal model can be explained by handling with different methods of preparation and extraction, dose, and materials. In addition, it is hard to find clinical efficacy trials in human and besides it has seldom been examined the effect of dietary supplements depending on sex, age, underlying medical conditions, ethnicity and others. In South Korea, many researchers, institute, or company have been conducted clinical trials to prove the effect of reducing body fat, lowering blood sugar, lowering blood pressure, improving blood lipids, improving blood circulation, antioxidant. This phase is essential to be approved as a health functional food by the Ministry of Food and Drug Safety in Korea. First of all, healthy and well-balanced diet should be prioritized. Dietary supplements should take appropriately with proven safe and effective materials based on well-designed clinical studies. This seminar will introduce and discuss some previous clinical trials of the effects of dietary supplements applied to Koreans to prevent cardiometabolic risks

Keywords

Cardiometabolic risk, dietary supplement, clinical trial, functional food, Korean