

***EFFECTS OF POLICOSANOLIN PATIENTS WITH METABOLIC SYNDROME:  
A SIX MONTHS STUDY***



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***Abstract***

To investigate in the medium term (6 months) the effects of policosanol in patients with metabolic syndrome, as well as its safety and tolerability.

**Methods:** This Phase IV study had a double-blind, randomized, controlled design with 2 parallel groups that received policosanol (10 mg/d) or placebo for 6 months. The study included patients with metabolic syndrome, of both sexes, aged between 25 and 70 years. As a primary efficacy variable, the effects on oxidative stress were evaluated, while the effects on lipid profile variables were considered as a secondary efficacy variable. Statistical analysis of the data was performed according to the Intention to treat method.

**Results:** The study included 100 patients with metabolic syndrome (81 men, 19 women) (average age: 51 years). At the end of 6 months of treatment, policosanol significantly reduced the redox index (main efficacy variable) with respect to the initial values and with respect to the placebo group. Policosanol significantly reduced levels of total cholesterol and LDL-C, as well as increased serum levels of HDL-C, while triglyceride levels although reduced at the end of treatment, this reduction was

not significant. The policosanol was safe and well tolerated, it did not affect the physical and laboratory parameters investigated, with the exception of a significant and favorable reduction in the levels of Apo B.

**Conclusions:** Policosanol (10 mg/d) for 6 months produces improvements on oxidative stress in patients with metabolic syndrome, in addition to a beneficial effect on their lipid profile, being safe and well tolerated.

**Biography:**

Julio C. Fernández-Travieso, Croatia. Primary and two secondary schools ended in Osijek, and graduated from the Faculty of Law of the University of Split. Thesis entitled "Legal aspects of information systems" was defended Summa Cum Laude and he become LLM of Law. Since 1992., he works as a journalist - freelance contributor to the first Radio Osijek HRT, and then something shorter, among other media, working for HTV - TV center Osijek, weekly "Školske novine (School Newspaper)" and the monthly "Super Kino Video (Super Cinema video)". In the academic year 2009./2010., Faculty of Electrical Engineering in Osijek was appointed him of assistant to the title associate position on the course "Computer criminality". With computer criminality, he is studying a medical law. In Faculty of Electrical Engineering in Osijek he was participates in teaching the courses "Computer criminality" and "Legal regulations in electrical engineering and computer science" and in the Faculty of Medicine in Osijek participates in teaching the courses "Social and

health legislation" and "Medicine and Health Law". The successful defense of the doctoral dissertation on the topic from criminal law called "The Criminal justice and forensic aspects of computer criminality", received a PhD degree from the Faculty of Law of the International University of Brcko District in Brcko of Bosnia and Herzegovina.

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