



31571-Review

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SIMILARName of Journal: *World Journal of Diabetes*

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Manuscript Type: Original Article

*Observational Study***Effects of intermittent fasting on health markers in those with type 2 diabetes: A pilot study**

Terra G Arnason, Matthew W Bowen, Kerry D Mansell

**ABSTRACT****Aim** To determine the short-term biochemical effects and clinical tolerability of intermittent fasting (IF) in adults with Type 2 Diabetes Mellitus (T2DM).**Methods:** We describe a three-phase observational study (baseline 2 weeks, intervention 2 weeks, follow-up 2 weeks) designed to determine the clinical, biochemical, and tolerability of IF in community-dwelling volunteer adults with T2DM. Biochemical, anthropometric, and**Match Overview**

- |   |  |     |
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### [Intermittent fasting: a dietary intervention for prevention of diabetes ...](#)

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作者: JE Brown - 2013 - 被引用次数: 16 - [相关文章](#)

**Intermittent fasting**, in which **individuals** fast on consecutive or alternate days, has ... The increasing prevalence of obesity and **type 2 diabetes** in recent decades has ... The majority of studies show positive **effects** on **markers** of metabolic **health** and ... profile in overweight and obese postmenopausal women: **a pilot study**.

### [The Effectiveness of Different Diet Strategies to Reduce Type 2 ... - NCBI](#)

<https://www.ncbi.nlm.nih.gov> > NCBI > Literature > PubMed Central (PMC) - [翻译此页](#)

作者: ML Gow - 2016 - 被引用次数: 1

2016年8月9日 - **Type 2 diabetes** in children and adolescents has become a prominent ... Increasing numbers of young **people** have risk factors for **type 2 diabetes**, particularly obesity, ... The **results** of this **study** showed that neither GI nor protein had an ... Certain **studies** demonstrate that **intermittent fasting** may be more ...

### [\[PDF\]Research Journal of Pharmaceutical, Biological and ... - RJPBCS](#)

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Ramadan fasting is considered as an **intermittent fasting** therefore it is important ... The present **study** assessed extends of somatic DNA damage in ... Ramadan fasting does not alter DNA damage in **Type 2 diabetic patients**, ... **RESULTS** ... **healthy** adults no alteration in the **markers** of oxidative stress was observed in many ...

### [A controlled trial of reduced meal frequency without caloric restriction ...](#)

[ajcn.nutrition.org/content/85/4/981.full](#) ▾ [翻译此页](#)

作者: KS Stote - 2007 - 被引用次数: 170 - [相关文章](#)

Objective: **A pilot study** was conducted to establish the **effects** of a ... Caloric restriction may also





Effects of intermittent fasting on health markers in those with type 2 diabet



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### The effects of intermittent or continuous energy restriction on weight ...

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作者: MN Harvie - 2011 - 被引用次数: 216 - 相关文章

2010年10月5日 - Reductions in **fasting** insulin and insulin resistance were modest in both groups ... One possible approach may be **intermittent** energy restriction (IER), with short ... avoid any potential acute **effects** of the 2 day restriction on serum **markers** (11). ..... A further **study** amongst **patients** with **type 2 diabetes** showed ...

缺少字词: **pilot**

### Impact of Ramadan Intermittent Fasting on Oxidative Stress Measured ...

<https://www.ncbi.nlm.nih.gov> > NCBI > Literature > PubMed Central (PMC) - 翻译此页

作者: RN Hussein - 2012 - 被引用次数: 16 - 相关文章

2012年10月22日 - Since Ramadan **intermittent fasting** (RIF) has been associated with reduced caloric ... F2-Isoprostanes are considered to be sensitive and specific **markers** for .... **Results**. Fifty **healthy** volunteers were included in this **study**, with 23 men ..... F2-isoprostanes as measures of oxidative stress in **type 2 diabetes**.

### [PDF] Disease The British Journal of Diabetes & Vascular - 5/2 à la frança...

<regime52alafrancaise.com/wp-content/uploads/2015/.../IF-and-diabetes.pdf> ▾ 翻译此页

作者: JE Brown - 2013 - 被引用次数: 19 - 相关文章

diet; fasting; **intermittent fasting**; obesity; **type 2 diabetes**; weight loss. 1Aston Research ... **effects** on **markers** of metabolic **health** and body composition, in part

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### Intermittent fasting: a dietary intervention for prevention of diabetes ...

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作者: JE Brown - 2013 - 被引用次数: 19 - 相关文章

diet; fasting; **intermittent fasting**; obesity; **type 2 diabetes**; weight loss. 1Aston Research ... **effects** on **markers** of metabolic **health** and body composition, in part.

### The effect of Ramadan intermittent fasting on lipid peroxidation in ...

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作者: AS BaHammam - 2016 - 被引用次数: 1 - 相关文章

The **effect** of Ramadan **intermittent fasting** on lipid peroxidation in **healthy** young ... the circadian changes in lipid peroxidation **marker** malondialdehyde (MDA) during ... In this **pilot study**, under conditions of fixed sleep-wake schedules and ... [2] The few studies that have assessed correlations between oxidative stress and ...

### [PDF] Current dietary trends and people with diabetes The 5:2 diet

<https://svhs.org.au/wps/wcm/connect/.../diabetes.../diets-and-their-implicatio...> ▼ 翻译此页

the media promising weight loss and better **health** and they have many, many followers, ... The 5:2 diet is the most popular of a group of diets involving **intermittent fasting** or ... Consider the **impact** of fasting on other medications that **people** with **diabetes** may ... cardiovascular risk **markers** in **people** with **type 2 diabetes**5.

### Impact of Intermittent Fasting on Health and Disease Processes ...

[factpub.org/.../Impact\\_of\\_Intermittent\\_Fasting\\_on\\_Health\\_and\\_Disease\\_Pro...](http://factpub.org/.../Impact_of_Intermittent_Fasting_on_Health_and_Disease_Pro...) ▼ 翻译此页

2016年11月10日 - series studies in animal models shown **periodic fasting** (PF) 2 more days .... on glucose homeostasis overweight/obese **individuals type 2 diabetes**. ... However, few studies evaluated **effects** of IF CER on cardiovascular risk **markers**. .... randomized **pilot study** comparing zero-calorie alternate day fasting to