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### A nutritional supplement could improve the clinical situation of ICU patients

EUREKALERT

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***This release is available in [Spanish](#).***

Scientists from the [University of Granada](#) and the [Virgen de las Nieves Hospital](#) have found out that some critical patients could improve their oxide stress and, consequently, their clinical situation by taking a simple exogenous antioxidant treatment through food. This study has proved that the oxide stress increase during patients stays in the Intensive Care Unit (ICU), due to the low levels of antioxidant food consumption.

The oxide stress is caused by the imbalance between the reactive oxygen substances production and the organism defence mechanisms which acts rapidly in the detoxification of these substances or repairs the damage. The oxide stress is involved in many diseases like atherosclerosis, Parkinson, Alzheimer, and it is also significant in the aging process.

This study made by the [University of Granada](#) has been carried out by **Jimena Abils**, and headed by doctor **Elena Planells** ([Departament of Physiology](#) of the [University of Granada](#)), doctor **Antonio Prez de la Cruz** (head of the Nutrition and Dietetics Unit of the Ruiz de Alda Hospital in Granada) and doctor **Eduardo Aguayo** (specialist in the Intensive Cure Unit of this same hospital).

#### First time in Spain

The scientists worked on 60 patients that, for at least a week, had stayed at the Intensive Cure Unit (ICU) of the [Virgen de las Nieves Hospital](#), analyzing their oxide stress levels. They determined, for the first time in Spain, the exact quantity of each type of vitamins (A, E and C) and minerals that patients needed to take through diet for proper antioxidant defences.

The researchers hope the study will be useful to establish new recommendations for critical patients in our country. The results of this investigation have been recently published in the medical journal "Critical Care".