


[Health News](#)
[Health Videos](#)
[Forum](#)
[Advertise](#)
[Contact](#)


powered by
Google™

☒ News Archive [\[link\]](#) ☐ Web ☐ Wikipedia ☐ Medical Dictionary [\[link\]](#)

News Category Menu

[Nutrition / Diet](#)
[Categories A-B](#)
[Categories C-D](#)
[Categories E-G](#)
[Categories H-L](#)
[Categories M-O](#)
[Categories P-R](#)
[Categories S-Z](#)
[View full category list](#)

News By Email

[Weekly Newsletters](#)
[Daily News Alerts](#)

Navigation Links

[Home](#)
[About Us](#)
[News Licensing](#)
[Free Website Feeds](#)
[Free Tools & Content](#)
[Links](#)
[Tell a Friend](#)
[Accessibility](#)
[Help / FAQ](#)
[Article Submission](#)
[Contact Us](#)

Health Professional Sites

[Breast Cancer](#)
[Cardiovascular](#)
[GI](#)
[Prostate Cancer](#)
[Psychiatry](#)
[Respiratory](#)
[Learning Resources](#)
[Migraine](#)
[Urology](#)

Patient Resource Sites

[Asthma](#)
[Bipolar](#)
[Blood Pressure](#)
[Breast Cancer \(Patient\)](#)
[Heartburn](#)

Clinical Trials

Newsletters & News Alerts
Delivered to your mailbox either daily or weekly



Treat Atrial Fibrillation

Treat Atrial Fibrillation fast with this simple herbal formula.
[fibratab.com](#)

High Quality BP Monitors

Clinical grade ambulatory, spot & cardiac stress BP devices.
[www.SunTechMed.com](#)

Nutritional supplements

Private label, bulk and wholesale manufacturing and global supply.
[www.NutriForce.com](#)

Clinical Research Course

Complete Your Clinical Research
MSC The University Of Liverpool
Online
[Liverpool.Ohecampus.com/Clinical](#)

[Nutrition / Diet News](#)
[Useful Links](#)
[Video Library](#)

The Clinical Situation Of ICU Patients Could Be Improved By Nutritional Supplementation

Main Category: [Nutrition / Diet](#)

Also Included In: [Public Health](#)

Article Date: 06 Jun 2008 - 0:00 PDT

[email to a friend](#) [printer friendly](#) [view / write opinions](#) [rate article](#)

Scientists from the University of Granada and the Virgen de las Nieves University Hospital have discovered 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 oxide stress increases 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 Abilés, and headed by doctor Elena Planells (Departament of Physiology of the University of Granada), doctor Antonio Pérez 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 in establishing new recommendations for critical patients in our country. The results of this investigation have been recently published in the medical journal *Critical Care*.

Reference

Dr Jimena Abilés. Departament of Physiology of the University of Granada.

Source: Jimena Abilés
[Universidad de Granada](#)

Please rate this article: [Patient / Public:](#) [or](#) [Health Professional:](#)
(Hover over the stars then click to rate)

Ads by Google

[Roomservice SuperfoodsRx](#)

Renewing, Restful, & Rejuvenating! Westin.
This Is How It Should Feel.
[www.Westin.com/Roomservice-Menus](#)

[Costa Tropical Property](#)

Villas, country & town houses etc Let us do the searching for you
[www.costatropicalpropertyfinder.com](#)

Current Article Ratings:

Patient / Public:	Not yet rated
Health Professional:	Not yet rated
Article Opinions:	0 posts

Latest News For Nutrition / Diet

[Scientists Try To Develop Anti-Cancer Meat, Eggs](#)

06 Jun 2008

[Findings Offer Insights Into Role Of Breastfeeding In Preventing Infant Death, HIV Infection](#)

06 Jun 2008

[The Clinical Situation Of ICU Patients Could Be Improved By Nutritional Supplementation](#)

06 Jun 2008

[View more news...](#)

Latest Videos for Nutrition



Choosing a Weight Loss Surgery

Weight loss surgery can provide health benefits to those who qualify. How do you know which surgery is right for you? It's important to know the advantages and disadvantages associated with the different types of surgeries...



My Weight-Loss Surgery

Making the decision to have weight-loss surgery is not easy. Listen as an individual tells why she decided to have weight-loss surgery and the ways this decision impacted her life...

[View more videos...](#)

Most Read Articles From The Last 7 Days

[Certain Potato Preparation Guidelines For Kidney Dialysis Patients Ineffective](#)

30 May 2008

[Walking For Health: Easy, Inexpensive, And Effective](#)

30 May 2008

[Children's Diet Not The Main Cause Of ADHD](#)

30 May 2008

[Preventing Diabetes With The Traditional Mediterranean Diet](#)

30 May 2008

[Structural Brain Abnormalities Found In Some Marijuana Users](#)

02 Jun 2008

Ads by Google

[Cheap Antioxidants](#)

Antioxidants as low as £4.49 Never beat on price & Free delivery
[www.bargain-supplements.co.uk](#)

[icu history](#)

Intensive Care History video:md Douglas Ferrari - brazil
[www.medicinaintensiva.com.br](#)

Useful Links

[Email](#) [Print](#) [< Top](#)

Add to:

[Digg](#)
 [Del.icio.us](#)
 [Reddit](#)
 [Fark](#)
 [StumbleUpon](#)
 [Yahoo!](#)
 [HealthRanker](#)

Most Popular Categories

[public health](#)
[neurology](#) [nutrition](#)
[cancer](#) [cardiovascular](#) [hiv](#)
[diabetes](#) [dermatology](#) [obesity](#)
[alcohol](#) [psychology](#) [women's health](#)
[infectious diseases](#) [pediatrics](#) [breast](#)
[cancer](#) [urology](#) [pregnancy](#)
[gastrointestinal](#) [pain](#) [respiratory](#) [prostate](#)