研究業績　英文表記

和文	
表題	ドコサヘキサエン酸とエイコサペンタエン酸を多く含む食品が認知機能と血液生化学検査値に及ぼす影響－臨床研究と動物実験の結果から－
著者名	岸川由紀、他
所属	西九州大学リハビリテーション学部リハビリテーション学科理学療法学専攻
英文	
Title	Effects of Foods Rich in Docosahexaenoic Acid and Eicosapentaenoic Acid on Cognitive Function and Blood Biochemistry Test Values
Author	Yuki Kishikawa, et al.
Affiliation	Department of Rehabilitation Sciences, Faculty of Rehabilitation Sciences
Abstract	We investigated changes in cognitive function and blood biochemical tests by consumption of foods rich in docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). The subjects were 18 elderly subjects and 12 rats, and food was consumed for 30 days by the elderly and for 17 weeks by the rats. Cognitive function was assessed using the Mini-Mental State (MMSE) in the elderly and the Barnes maze test, novel object recognition test, and Y-maze Test in the rats. The results showed that there was no difference in biochemical test values before and after consumption in the elderly (15 subjects), but after consumption, the group with a perfect MMSE score (10 subjects) showed higher levels of High-density lipoprotein cholesterol than the group with a less than perfect score (6 subjects). In addition, rats in the intake group (6 rats) showed significantly lower levels in the Barnes maze test on day 9 of the study compared to the control group (6 rats). In the present study, we were unable to capture changes in blood data in the elderly, but high intake of DHA and EPA in the rats suggested a long-term enhancement of learned memory.
keyword	Docosahexaenoic acid, eicosapentaenoic acid, cognitive function

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