

# 台灣婦女產後哺乳會促進血漿脂質及脂蛋白回復正常範圍值

## Lactation promotes the normalization of plasma lipids and lipoproteins after delivery in Taiwanese woman

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### 摘要

本研究主要在比較哺乳及非哺乳婦女在產後 6 週時血漿脂質、脂蛋白之差異性。並探討我國懷孕婦女在懷孕期間其血漿脂質、脂蛋白及脂蛋白原之變化情形。由於台灣婦女產後有攝取高膽固醇高油飲食之傳統習俗，因此此飲食對產後血脂值之影響亦一併討論。研究對象以 44 位健康孕婦為實驗組，16 位未懷孕之健康婦女為控制組。在懷孕各不同週數及產後 6 週時抽血測定血漿脂質、脂蛋白及脂蛋白原之濃度。結果顯示在懷孕末期血漿三酸甘油酯(TG)會較未懷孕時上升 2-3 倍，總膽固醇則只上升 30-40%，產後 6 週時血漿 TG 仍持續較高，但血漿總膽固醇會回復至與未懷孕婦女相當，顯示台灣傳統之產後高膽固醇高油飲食並未使產後血膽固醇之回復受到影響。哺乳婦女在產後 6 週時血漿 TG，總膽固醇，低密度脂蛋白-膽固醇(LDL-C)及高密度脂蛋白-膽固醇(HDL-C)，均會回復至與未懷孕婦女相當，而非哺乳婦女則除了 HDL-C 外均顯著較未懷孕婦女高，HDL-C 則顯著較未懷孕婦女低。同時非哺乳婦女之 HDL-C 及 HDL-C/LDL-C 比例亦顯著較哺乳婦女為低。此結果顯示婦女產後哺乳只要超過兩星期即可促進血漿脂質及脂蛋白之回復。

### Abstract

This study compared plasma lipids and lipoproteins between lactating and nonlactating women at 6 weeks postpartum. In addition, the changes in plasma lipids, lipoproteins and apoproteins were investigated in Taiwanese women during pregnancy. The effect of the traditional Taiwanese diet consumed after delivery on the plasma lipid profile was also discussed. Forty-four healthy pregnant women and 16 nonpregnant control subjects were included in this study. Blood samples of the pregnant women were drawn at the end of each trimester, after delivery, these women had their blood drawn at 6 weeks postpartum. The results revealed that plasma total triglyceride (TG) increased two to three fold during

late pregnancy, while total cholesterol only increased by 30% to 40% above control levels. The TG level remained high at 6 weeks postpartum, whereas cholesterol returned to a concentration comparable to the control group. This result indicates that the traditional high cholesterol, high fat diet consumed after delivery does not delay the return of plasma cholesterol level to the control value. Lactating mothers had plasma levels of TG, cholesterol, low density lipoprotein-cholesterol (LDL-C) and high density lipoprotein-cholesterol (HDL-C) that were similar to the control group. All parameters except HDL-C in the nonlactating group were significantly higher than the control group. Plasma HDL-C level in the nonlactating group, however, was significantly lower than the control group. HDL-C as well as the HDL-C/LDL-C ratio were significantly higher in women who breast-fed for at least 2 weeks than in the nonlactating group. These findings suggest that lactation promotes the normalization of plasma lipids and lipoproteins after delivery.