*Materials of Conferences*

## THE STUDETS' LIPID PROFILE COMPARATVE ANALYSIS

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The Tyum SU students' lipidography analysis has already been conducted in the different seasons of the years. A total of 250 students (e.g. 62 young males – 25% and 188 young females – 75%) have already been examined. The average age – is 19,8 ± 1,4 (e.g. 236 ± 16 months). So, the following data have already been defined by the biochemical methods: the total cholesterol (TCE), the triglycerides (TG), the low – density lipoproteins (LDLP), the high density lipoproteins (HDLP). The following very low density lipoproteins have been computed by the calculated way: VLDLT = TG/2,2; the atherogenicity index: AI = (TCE – LDLP)/LDLP. The statistical analysis – is the Statistica (SPSS Inc., ver. 11,5).

It, moreover, has been revealed, that the average lipid profile indicators – are practically within the framework of the normative values (e.g. the GFCF recommendations, 2009). The values' series TCE > 5,0 mmol/l, LDLP > 3,0 mmol/l, TG > 1,7 mmol/l have already been determined, as the dyslipidemic ones. The dyslipidemia prevalence has been recorded at 27% of the young females, and at 9% of the young males. The TCE level has been significantly higher at the young females in the fall period, than that at the young males (e.g. 4,17 ± 0,67 and 3,89 ± 0,70 mmol/l, $p = 0,05$). The TCE higher values at the young females, in comparison with the young males, had been celebrated in the winter and the spring seasons of the year, however, all these differences were not quite reliable. So, the HDLP level at the young females in all the seasons of the year has been significantly higher, than that at the young males (e.g. the fall – $p = 0,005$, the winter – $p = 0,032$, the spring – $p = 0,05$). So, the LDLP and AI values were not significantly different, depending the examination season. The VLDLT and TG indicators in the fall and the spring did not have the significant difference, according to the sex. In the spring, the young males have been found more atherogenic lipid profile structure, due to the significantly higher TG and VLDLT levels, against the background of the significantly lower HDLP values, than that at the young females (e.g. the young males: TG –1,26 ± 0,65 mmol/l, VLDLT – 0,57 ± 0,30 mmol/l; the young females: 0,94 ± 0,41 mmol/l, $p = 0,038$; 0,43 ± 0,19 mmol/l, $p = 0,038$, respectively).

Thus, the young females' lipid profile can be characterized, as the pro-atherogenic one, due to higher levels of the TCE and HDLP indicators, in comparison with the young males. So, in spring, more atherogenic lipid spectrum structure has been found at the young males, due to significantly TG and VLDLT higher levels, against the background of the HDLP statistically lower values, than at the young females.

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