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Subject: Foxi

Posted by [tino](#) on Thu, 29 Dec 2005 12:48:17 GMT

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Hallo Foxy

Discussion

Oxidative stress is known to result in several acute and chronic disorders [5, 6, 7, 8], but the factors that induce and promote this condition are variable. Oxidative stress occurs when the production of free radicals exceeds the defensive response of the antioxidant system. Oxidative stress has a major role in the causality of some disorders that have higher prevalence in shift workers, such as cardiovascular disorders [4].

The hypothesis was that shift work would act as an oxidative stress. This study was designed to test this hypothesis. The total plasma antioxidant capacity was measured as an indicator of oxidative stress occurrence in shift workers. The effect of age and weight on total plasma antioxidant capacity was also assessed. The results of this study show that shift work can act as an oxidative stressor and, as age and BMI rise, the antioxidant system becomes more disabled against oxidative stress. A special dietary regimen including antioxidant agents, such as vitamins, may be beneficial to shift workers.

Conclusion

Shift work can act as an oxidative stressor. A special dietary regimen including antioxidant agents, such as vitamins, may be beneficial to shift workers.

Quelle: Shift work as an oxidative stressor

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gruss Tino

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