

Evaluation of diploma work

The effect of proportion of fat in hypoenergetic diet on weight reduction and metabolic profile

Author:

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6th year of regular program

Subjects of the presented diploma work were 1. an overview of obesity, its pathogenesis and its treatment, with a special attention paid to dietary treatment 2. analysis of the results of a study comparing the effects of two diets with different content of fat on weight reduction and metabolic variables in obese subjects.

The first part of the work gives an overview of the clinical picture and pathogenesis of obesity and of different methods of obesity treatment. Special attention was paid to dietary treatment of obesity, to the role of calorie restriction and /or macronutrient composition of the diet.

This section is clearly written, the structure of the whole section and of the individual chapters are appropriate. The citations come mostly from articles in peer-reviewed journals.

The part dealing with the experimental study is structured in an appropriate way into the Methodology, Result, Discussion and Conclusion sections. I miss the title of the table in the

Result section, verbal description of the results could be more detailed. In the Discussion section, comparisons with more high fat and low-fat dietary studies would be welcome.

Furthermore, more ideas on the reasons of the plasma triglyceride increase during the low fat diet would be appropriate. Conclusion seem relevant. References are adequately cited.

In summary, this diploma work fulfils the demands imposed on the diploma work at the 6th year of medical studies and my evaluation of the work is: excellent.

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