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# P106 Effect of Açaí-Juçara on Central Pressure in Individuals with Overweight or Obesity

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## ABSTRACT

**Introduction:** Açaí-juçara is a fruit with a antioxidant content that can modify the vascular environment and attenuate the effects of obesity.

**Objective:** To evaluate the effect of açaí-juçara on pulse pressure parameters in overweight or obese individuals.

**Methods:** Randomized clinical trial with 23 individuals of both sexes, 37.7 ± 1.5 y, body weight 85.0 ± 4.8 kg, BMI 32.4 kg/m$^2$. The volunteers were randomly assigned to: control group (C, $n$ = 10) and açaí-juçara group (AJ, $n$ = 13). Both received hypocaloric diets, representing 20% below the total energy value. AJ received, in the composition of the diet, 200 g of açaí-juçara for daily consumption. The intervention was 12 weeks and the follow-up was performed with weekly meetings. We analyzed parameters of peripheral blood pressure: systolic blood pressure (SBP) and diastolic blood pressure (DBP); parameters of central blood pressure: central pulse pressure (PPc), central systolic blood pressure (SBPc) and pulse wave velocity (PWV) with the oscillometric method (Mobil-O-Graph). Descriptive statistics (mean ± standard deviation) were performed and normality of the data was tested by Shapiro-Wilk. Possible differences were tested by ANOVA of repeated measures (Bonferroni post-hoc) with significance level of 5%. Results: After 12 weeks of intervention, body weight decreased in both groups (*C*: Δ3.2 kg; $p$ = 0.050; AJ: Δ5.2 kg; $p$ = 0.001). The peripheral SBP, PPc and PWV was lower in both groups (*C*: Δ3.8 mmHg, $p$ = 0.040, AJ:Δ7.1mmHg, $p$ = 0.031); (*C*: Δ5.5 unit, $p$ = 0.044; AJ:Δ7.8 unit, $p$ < 0.001); ($p$ = 0.047) with greater effect in the AJ group (Δ0.4 unit; $p$ = 0.006). Both groups reduced SBPc with more effect in the AJ group (Δ6.3 mmHg, $p$ = 0.034).

**Conclusion:** AJ showed benefits on peripheral SBP, PPc, PWV and SBPc when compared to the control group.



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