

How metabolic age change using THC and physical activity

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Abstract

Introduction: Context: In this study are included cases whom are at age 19-23 visited at MTH in addictology and toxicology department, and others are student at UST and UFO university, all together 60 patients. Purpose: This study has its purpose to see how metabolic age changes and defers between people at the same age but with different situations, like consuming THC, and having normal physical activity.

Methodology: In this control study are examined 60 patients, whom are divided in three groups: one group is THC user, the other are having regular physical activity at least two hours per day, the other group are having a sedentary life, only the routine moving. It was used TANITA to measure the percentage of body fat, abdominal echography, blood test to monitor the hepatic function.

Results: The total patients studied was 60 from 19 years old up 23. It was seen that the group whom is THC user have a higher BMR than other groups, next is sedentary life group and the lowest BMR has the group whom are practicing physical activity regularly. It was seen an increase in fat mass specially at THC users, but it was not spread proportionally only in visceral zone, THC user had a higher carbohydrate intake that other groups, and HTA. Female patients have a lower BMR in all three groups.

Conclusions: From the latest clinical practice data it was seen a low performance in physical activity and the increase of risk for Mellitus Diabetes type 2.

Keywords: Metabolic age, THC (tetra hydro cannabino), Physical activity, treatment, Tanita