

■ Scifinder 使用心得

學習了三個小時的 Scifinder，雖然過程很催眠，但受益匪淺。雖然沒有學得很深，但我覺得學習一直都是這樣：我能懂的東西，我努力把它弄懂；我不能懂的，我要記得它在哪裡。就像 Scifinder，現在，我也許只會用它來隨機查一兩篇論文以完成我的作業，這作業不難，所以也不需要用到很難的功能，雖然我不太會用那些比較深入的功能，但我知道 Scifinder 有這些功能，包括：查詢化合物、合成步驟、供應商的聯絡方式.....等，也許我哪天遇到了難題，我知道我有這個地方可以找到答案。謝謝老師安排我們學習這個系統。

■ 以 Thomson Innovation 專利平台搜尋「diabete AND nutrition」，因為家父有糖尿病，所以我想查詢攝取哪些食物可以延緩疾病的進程。

■ The effect of soybean oil on glycaemic control in Goto-kakizaki rats, an animal model of type 2 diabetes

✧ Abstract : Several studies in humans and lab. animals with type 2 diabetes indicate that antioxidant supplements lessen the impact of oxidative damage caused by dysregulation of glucose metab. The present study was undertaken to examine the effect of soybean oil on glycemic control and lipid metab. in Goto-kakizaki (GK) rats, a model of type 2 diabetes. Rats were divided into three groups, a control group of non-diabetic (Wistar) rats, a group of diabetic GK rats and a group of GK rats treated with soybean oil. Plasma samples from the different groups were analyzed for total α -tocopherol, coenzyme Q and glucose levels. Glycated Hb was also compared between the different groups. Fasting and non-fasting blood glucose levels were significantly decreased in soybean oil group compared with GK group. There was also a 14 % redn. in the levels of HbA1c in SO-treated GK when compared with the diabetic control group. Diabetes induced a decrease in coenzyme Q plasma levels that prevailed after treatment with soybean oil. Moreover, the plasma α -tocopherol levels were higher after treatment with soybean oil. Conclusions: observations suggest that soybean oil treatment may be beneficial in type 2 diabetes. Since soybean oil has very high amts. of coenzyme Q and other antioxidants one possible mechanism of action could be as an antioxidant.

✧ 由這篇論文的 abstract 中，我們可以知道，生活中便宜的大豆沙拉油其實是非常優質的食用油，它有很好的抗氧化能力，可以改善糖尿病血糖控制失調所造成不良影響。實驗證實，食用大豆油之後的老鼠，他們的 coenzyme Q 和維他命 E 都有明顯的上升，這兩項數值都代表著抗氧化能力提高。所以，結論是不要再相信貴慘慘的橄欖油就是最好的油，趕快投奔沙拉油的懷抱吧!!!!!!