**COMPARISON OF POSTPRANDIAL LIPEMIA IN SEDENTARY AND ACTIVE WOMEN USING ORAL CONTRACEPTIVE**

**A.D. Borges1**, D.M.L. Vieira1, C.K.C. Sa1,2,4, J. Petto2,3,4, L.M.R. Vasques3,

R.L.S. Pinheiro3, B.A. Giesta3, A.M.T. Ladeia4

1FTC, 2Universidade Estadual de Feira de Santana, 3Faculdade Social, 4Escola Bahiana de Medicina e Saúde Pública, Brazil

Previous studies show that woman using oral contraceptives (OC) had TG levels higher fasting, a condition that produces a higher PPL. The chronic practice of Physical Exercise (PE) acts as a regulator of lipoprotein levels.

Objective: To determine whether the PPL of active women in the use of OC is lower than the PPL of sedentary women using OC.

Methods: 61 women (24±2.4 years), with normal metabolic and lipid profile were divided into three groups: 1: 21 sedentary women who did not use any type of hormone-based contraceptive, 2: 22 sedentary women who were in continued use of CO for at least a year, and 3: 18 women classified as active by the IPAQ, PE practitioners for at least six months and in continued use of OC for at least a year. Blood samples were collected for measurement of TG at time 0 (12-hour fast), and after ingestion of a compound containing 50g of fat in the times 180 and 240 minutes.

Results: The TG at 0, 180 and 240 minutes respectively for G1, G2 and G3 were 53±15 vs 104±22 vs 62±13, 92±29 vs 162±51 vs 106±27 and 89±29 vs 154±49 vs 98±26, showing significant difference at all points of the curve lipid between G1 and G2, and between G2 and G3. No difference was observed between G1 and G3.

Conclusion: The values of PPL of active women in continued use of OC is lower than those of sedentary women in continued use of OC.