



INTERMITTENT FASTING IN CARDIOVASCULAR DISORDERS - AN OVERVIEW

Malinowski, B, Zalewska, K, Węsierska, A, Sokołowska, MM, Socha, M, Liczner, G, Pawlak-Osińska, K, Wiciński, M

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Intermittent fasting (IF) is an eating pattern that cycles between periods of fasting and eating. In this review, the authors looked at various forms of IF and found that it is related to many beneficial effects on the cardiovascular system, diabetes mellitus type 2, blood pressure and inflammation. The success of every type of diet depends on compliance, and IF seems to be as easy or easier to follow than more traditional diets for many people. Fasting is not recommended for people with hormonal imbalances, pregnant and breastfeeding women, and diabetics. People with eating disorders and underweight people are also not recommended to use the intermittent fasting diet. Individuals' current health situation should be considered before commencing the IF diet.

CARBOHYDRATE RESTRICTION WITH POST-MEAL WALKING EFFECTIVELY MITIGATES POSTPRANDIAL HYPERGLYCEMIA AND IMPROVES ENDOTHELIAL FUNCTION IN TYPE 2 DIABETES

Francois, ME, Myette-Cote, E, Bammert, TD, Durrer, C, Neudorf, H, DeSouza, CA, Little, JP
American journal of physiology. Heart and circulatory physiology. 2018;314(1):H105-H113

The aim of this 2018 randomised crossover study was to examine the effects of 4 days of a low-carbohydrate diet, with or without daily post-meal walking, on vascular health in individuals with Type 2 diabetes.

Results indicate that restricting carbohydrates during meals and engaging in post-meal walking reduced postprandial hyperglycaemia in individuals with T2D.

The authors conclude that carbohydrate restriction and post-meal exercise may represent an effective strategy to mitigate the negative effects of postprandial hyperglycaemia and reduce cardiovascular disease risk in individuals with T2D.



PREVENTION OF TYPE 2 DIABETES BY LIFESTYLE CHANGES : A SYSTEMATIC REVIEW & META-ANALYSIS

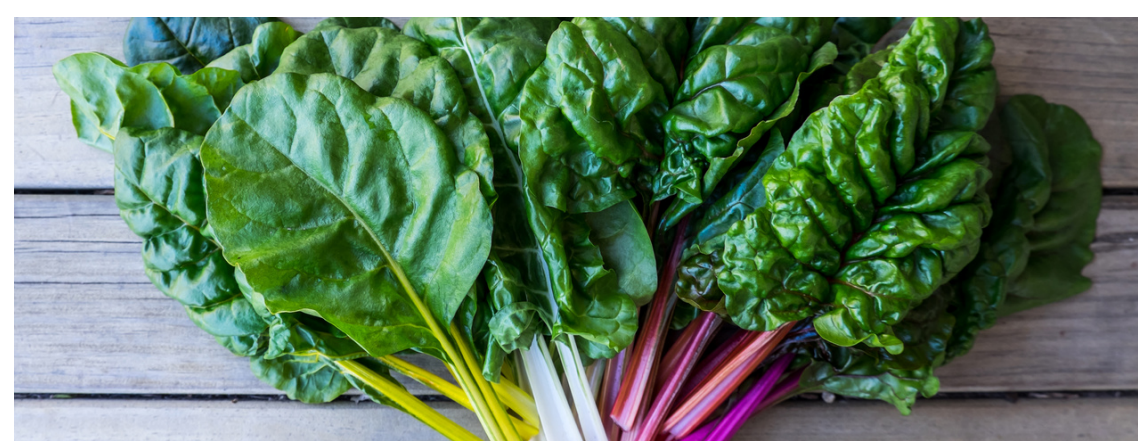
Uusitupa, M, Khan, TA, Viguioliouk, E, Kahleova, H, Rivellese, AA, Hermansen, K, Pfeiffer, A, Thanopoulou, A, Salas-Salvadó, J, Schwab, U, et al
Nutrients. 2019;11(11)

This systematic review and meta-analysis included 7 RCTs with a total of 4090 participants, and found that diet and lifestyle intervention together reduced the risk of Type 2 Diabetes by 47%. Sustained risk reduction was also found in follow-up studies up to 10 years later with participants maintaining improved blood glucose control.

Weight reduction was considered a cornerstone of preventing T2D and adherence to lifestyle changes a key element in long term prevention. Intake of leafy greens, berries, wholegrains, legumes, dietary fibre and yoghurt correlated with a lower risk of T2D.

Dietary patterns of skipping breakfast and snacking correlate higher with T2D. Different criteria for evaluating physical activity estimate that it reduces risk factors by 50%.

In conclusion there is high evidence that lifestyle factors which optimise diet, increase physical activity and promote weight reduction are preventative factors for T2D and can be sustained long term.



THE FLUID ASPECT OF THE MEDITERRANEAN DIET IN THE PREVENTION AND MANAGEMENT OF CARDIOVASCULAR DISEASE AND DIABETES: THE ROLE OF POLYPHENOL CONTENT IN MODERATE CONSUMPTION OF WINE AND OLIVE OIL.

Ditano-Vázquez, P, Torres-Peña, JD, Galeano-Valle, F, Pérez-Caballero, AI, Demelo-Rodríguez, P, Lopez-Miranda, J, Katsiki, N, Delgado-Lista, J, Alvarez-Sala-Walther, Nutrients. 2019;11(11)

The Mediterranean diet is considered one of the most studied diets in scientific literature and this review specifically looks at two fluid aspects of the MedDiet; olive oil and red wine. Olive oil is rich in phenolic compounds and red wine in polyphenols and the study looks at their therapeutic effect on cardiovascular disease prevention, particularly on lipids, blood pressure, plaque and glucose metabolism. Known mechanisms of the MedDiet include reduction of inflammatory and oxidative stress markers, and an improvement in lipid profile and insulin sensitivity. Polyphenols are important antioxidants abundant in plant foods including olives and red grapes used in wine (known to be x10 richer in polyphenols than white wine). The review reports that low to moderate consumption of red wine 30-50g daily lowers risk factors for CVD, improve HDL lipid profile, exerts a beneficial effect on blood pressure (BP), promotes vasodilation thus helping to reduce plaques and finally limited data shows it may beneficially affect insulin resistance. Polyphenols in olives were reported to reduce blood pressure, reduce LDL lipids and increase HDL lipids, support weight loss and help prevent obesity, metabolic syndrome and type II diabetes, reduce inflammation and oxidative stress, and possibly benefit gut microbiota. The review concludes that both fluids exert cardio-protection when consumed in moderation as part of a MedDiet.

