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AMBIENTE, NUTRIZIONE, SALUTE



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UNIVERSITÀ
DI TORINO

L'intervento dietetico nell'Ipercolesterolemia Familiare e nel Diabete Mellito

Dott.ssa Valentina Ponzo, PhD

Dietista, Biologo Nutrizionista

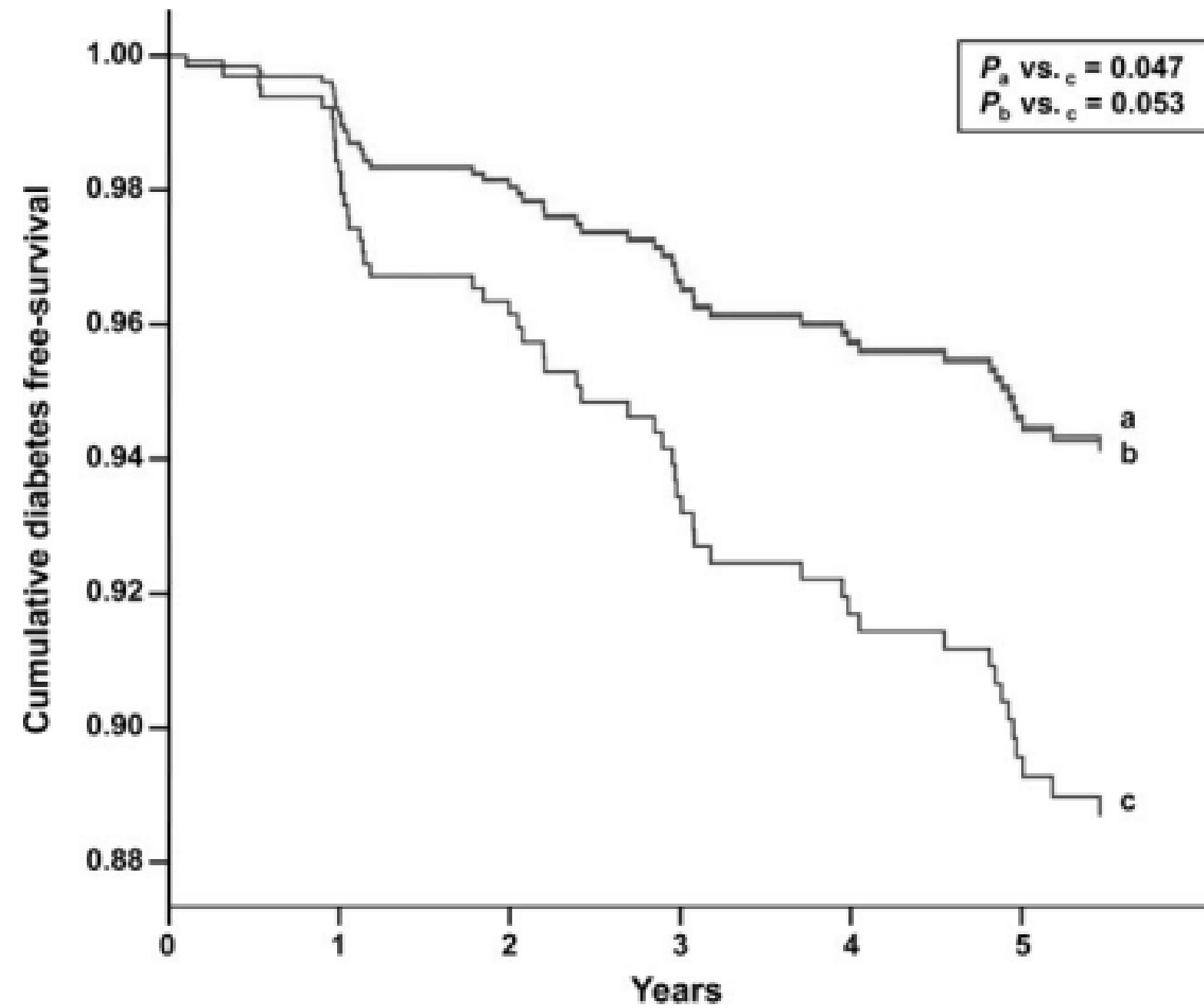
Tecnico della Ricerca

Dipartimento di Scienze Mediche- Università degli studi di Torino



Reduction in the Incidence of Type 2 Diabetes With the Mediterranean Diet

Results of the PREDIMED-Reus nutrition intervention randomized trial



Diabetes Care 2011

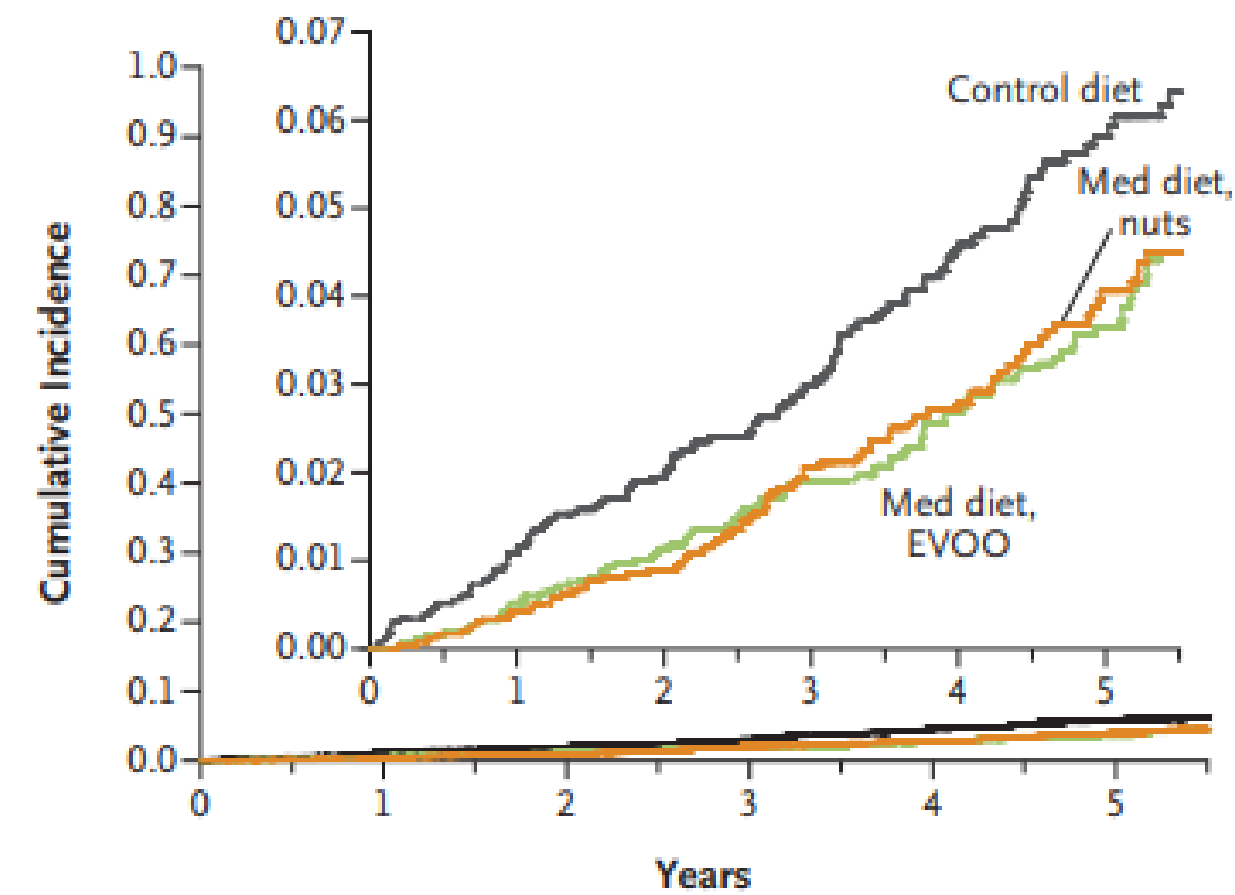
The NEW ENGLAND JOURNAL of MEDICINE 2018

ORIGINAL ARTICLE

Primary Prevention of Cardiovascular Disease with a Mediterranean Diet Supplemented with Extra-Virgin Olive Oil or Nuts









Primary End Point (acute myocardial infarction, stroke, or death from cardiovascular causes)

Med diet, EVOO: hazard ratio, 0.69 (95% CI, 0.53–0.91)
 Med diet, nuts: hazard ratio, 0.72 (95% CI, 0.54–0.95)





TREAT FAMILIAL HYPERCHOLESTEROLEMIA (FH) TO PREVENT HEART DISEASE

FH is high risk and not rare	Despite known high cholesterol, many undiagnosed, undertreated	If you have FH
<p>1 in 250 people have FH</p> <p>and</p> <p>Up to 22x increased risk of CORONARY HEART DISEASE, if untreated</p> 	<p>More than 80% know they have HIGH CHOLESTEROL, but most don't know they have FH</p>  <p>Only 52% use any STATINS</p> <p>Only 16% use HIGH INTENSITY STATINS</p>	<ul style="list-style-type: none"> <li style="margin-bottom: 10px;"> ASK your doctor about cholesterol-lowering medicines <li style="margin-bottom: 10px;"> TAKE YOUR MEDICINE as directed <li style="border: 2px solid yellow; margin-bottom: 10px;"> Know that HEALTHY LIFESTYLE is important but often NOT ENOUGH <li style="margin-bottom: 10px;"> CHECK your cholesterol regularly <li style="margin-bottom: 10px;"> TALK to your FAMILY about getting tested for FH
Data from National Health and Nutrition Examination Study: 1999-2014 Bucholz et al. <i>Circulation</i> 2018		



Systematic Review

Impact of Diet on Plasma Lipids in Individuals with Heterozygous Familial Hypercholesterolemia: A Systematic Review of Randomized Controlled Nutritional Studies

Intervention	TC	HDL	LDL	VLDL	TG
Low-fat diet					
Supplementation with Omega-3					●
Low- fat enriched with MUFAs or PUFAs					
Low-cholesterol with increased PUFAs:SFAs					
Low-cholesterol with increased intake of plant stanols	●		●		
Increase intake of plant stanols vs low-cholesterol diet	●		●		
Increase intake of plant sterols vs low-cholesterol diet	●		●		
Increase intake of plant stanols (2 g/d) vs plant sterols (2 g/d)					
Increase soy protein					
Increase protein intake			●		●
Increase intake of fibre			●		

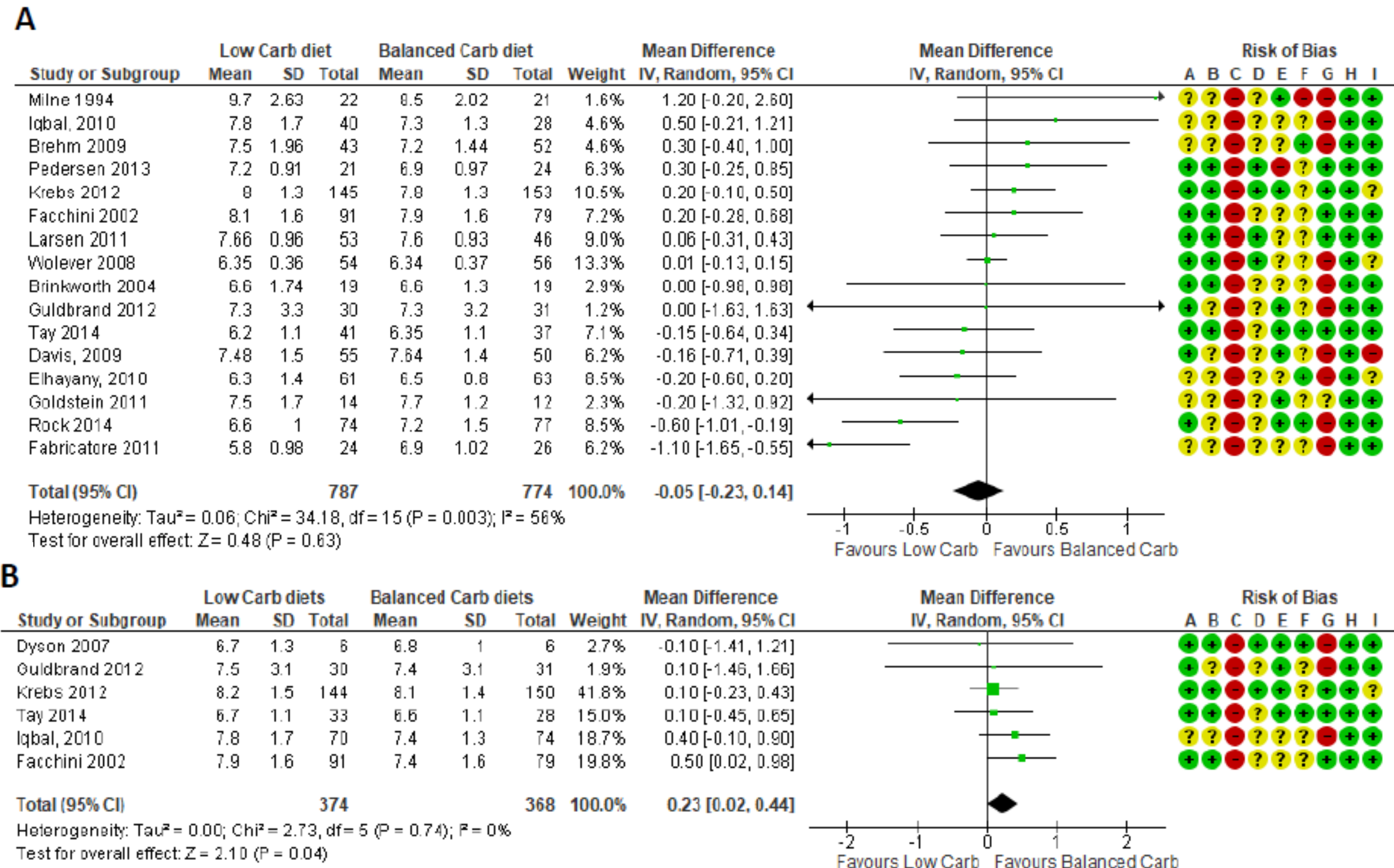
TC= total cholesterol; TG= tryglicerides; MUFAs= monounsaturated fatty acids; PUFAs= polyunsaturated fatty acids

Nutrients, 2020



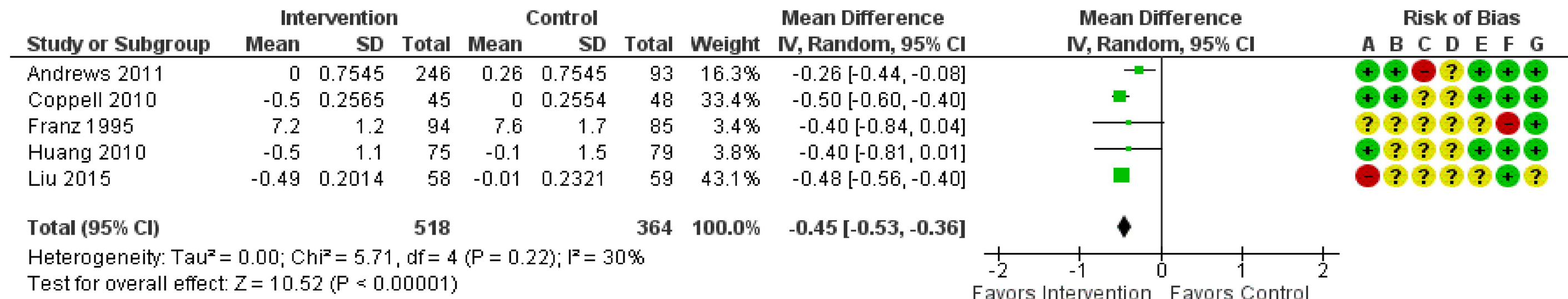
Linea Guida della Società Italiana di Diabetologia (SID) e dell'Associazione dei Medici Diabetologi (AMD)
Terapia nutrizionale

Figure 1 – Effetti del trattamento nutrizionale a basso contenuto di carboidrati rispetto ad una bilanciata sull'HbA1c (Pannello A: 12 mesi; Pannello B: 24 mesi).

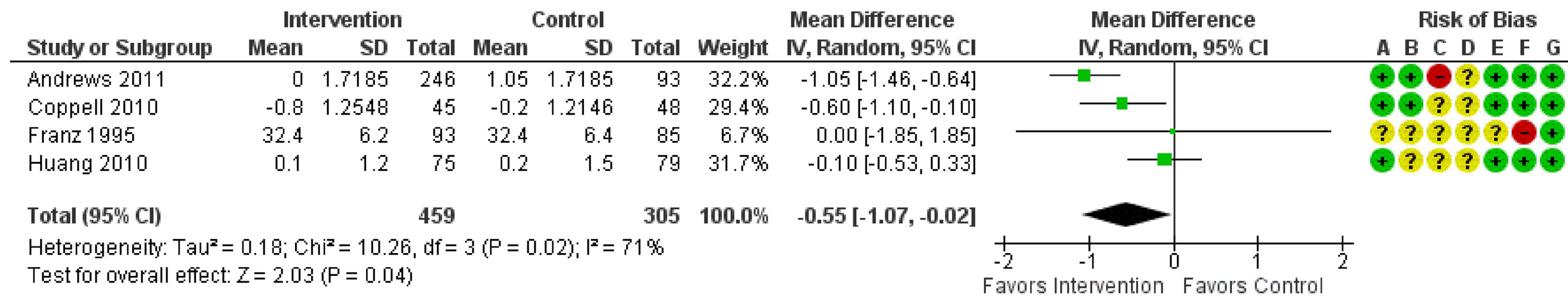




Effetti del trattamento nutrizionale strutturato rispetto ad uno non strutturato sull'HbA1c



Effetti del trattamento nutrizionale strutturato rispetto ad uno non strutturato sul BMI



Møller G et al. A systematic review and meta-analysis of nutrition therapy compared with dietary advice in patients with type 2 diabetes. The American journal of clinical nutrition 2017;106:1394-400.