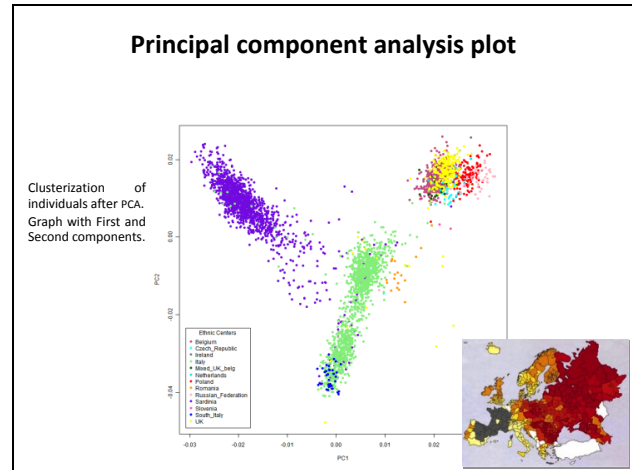
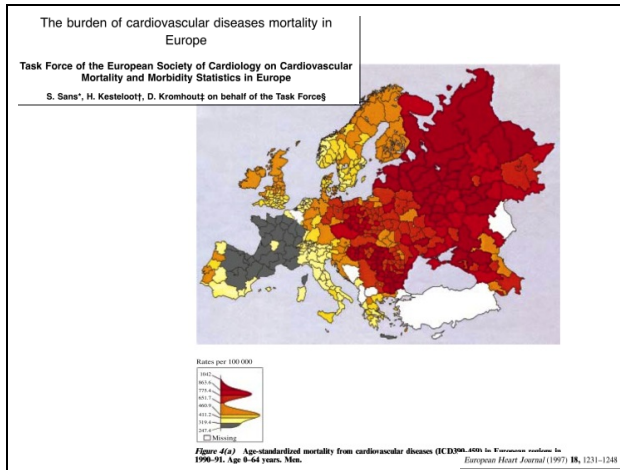


GENETICS AND NUTRACEUTICALS IN CARDIOVASCULAR DISEASES

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Projected Effect of Dietary Salt Reductions on Future Cardiovascular Disease

Kirsten Bibbins-Domingo, Ph.D., M.D., Glenn M. Chertow, M.D., M.P.H., Pamela G. Coonon, Ph.D., Andrew Moran, M.D., James M. Lighthwood, Ph.D., Mark J. Pletcher, M.D., M.P.H., and Lee Goldman, M.D., M.P.H.

Table 3. Projected Estimates of Comparative Effect of Various Population Interventions on Annual Reductions in Cardiovascular Events.^a

Intervention	Incidence of CHD	Total MI†	Incidence of Stroke	Death from Any Cause
	reduction in absolute number of events (% change from expected)			
Salt reduction				
1 g/day				
Low estimate	22,000±2000 (2.0)	20,000±1800 (2.6)	13,000±1800 (1.7)	17,000±2400 (0.9)
High estimate	37,000±3300 (3.3)	32,000±2900 (4.2)	20,000±2900 (2.7)	28,000±3800 (1.4)
2 g/day				
Low estimate	44,000±4000 (4.0)	39,000±3500 (5.1)	25,000±3500 (3.4)	34,000±4600 (1.7)
High estimate	71,500±6300 (6.4)	62,500±5400 (8.1)	40,000±5400 (5.3)	55,000±7500 (2.8)
3 g/day				
Low estimate	66,000±5800 (5.9)	58,000±5100 (7.6)	37,000±5100 (5.0)	51,000±7100 (2.6)
High estimate	110,000±9200 (9.6)	92,000±7800 (12.0)	59,000±8100 (7.8)	81,000±11,000 (4.1)
Smoking cessation‡	41,000±10,000 (3.7)	92,000±14,000 (11.9)	32,000±13,000 (4.4)	84,000±9300 (4.3)
Weight loss§	59,000±3500 (5.3)	61,000±3200 (8.0)	5600±600 (0.7)	36,000±2000 (2.0)
Statin therapy for primary prevention¶	52,000±5600 (5.3)	17,000±1800 (2.9)	6600±200 (0.9)	5400±540 (0.3)
Pharmacologic treatment of hypertension	100,000±11,000 (9.3)	100,000±9700 (13.1)	69,000±11,000 (9.3)	80,000±10,000 (4.1)

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ATHENA Anthocyanin and polyphenol bioactives for Health Enhancement through Nutritional Advancement

WP4-2: Epidemiological study to determine interaction between anthocyanin consumption, genetic structure and HDL levels in humans

- Collection and storage of phenotypic data
 - Survey details
 - Software for the collection and storage of phenotypic data development
- Software for macro-nutrients, micro-nutrients and polyphenols consumption

Preliminary assessment of habitual food intake **very disappointing**, since the diet in Milano is on the average very poor of fruit and fresh vegetables, but rich in animal proteins and dairy products.

Contingency Plan:

- Extend recruitment to South Italy
- Include a substantial number of Vegetarians and Vegans

to increase the variability of anthocyanins and antioxidant intake

Recruitment Centres

•San Paolo Hospital Milano
(Nephrology Unit)

•ICANS Research Centre Milano
(International Center for the Assessment of Nutritional Status)

•Policlinico di Bari (Nephrology Unit)

•IRCCS Istituto Ortopedico Galeazzi
(Cardiology Unit)

Azienda Ospedaliera
SAN PAOLO

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Genetic step: metabochip

