



## Ernährung aus kardiologischer Sicht

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[www.schneider-kardiologe.de](http://www.schneider-kardiologe.de)

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Effects of potentially modifiable risk factors associated with myocardial infarction in 52 countries (the INTERHEART study): case-control study



- Case-Control Study (n=29972 Patienten)
- Cases: Akute Infarkte
- Controls: Alter(  $\pm 5$  Jahre), Geschlecht, kein Herzinfarkt, keine Angina pectoris
- 1999-2003
- Aus allen Regionen der Welt

Yusuf S et al. Lancet 2004; 364:937-952

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## Ergebnisse



	OR adjusted	PAR adjusted
• Current or former smoker	2,04	36%
• Diabetes	2,37	10%
• Hypertension	1,91	18%
• Abdominal obesity	1,62	20%
• All psychosocial	2,67	33%
• Vegetables and fruits	0,7	15%
• Exercise	0,86	12%
• Alcohol	0,91	7%
• ApoB/ApoA1	3,25	49%
• All risk factors combined	129,20	90%

OR = odds ratio, PAR=population attributable risks

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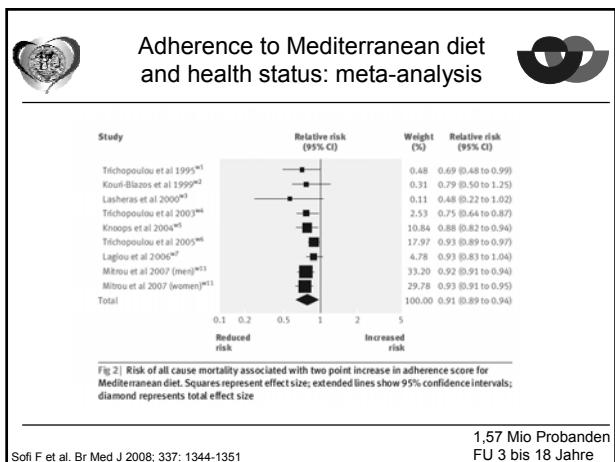
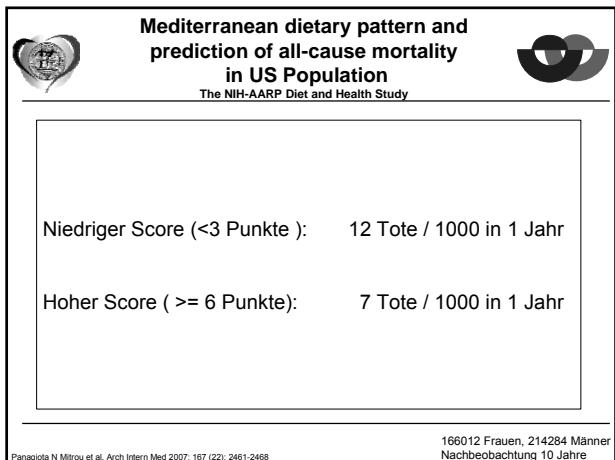
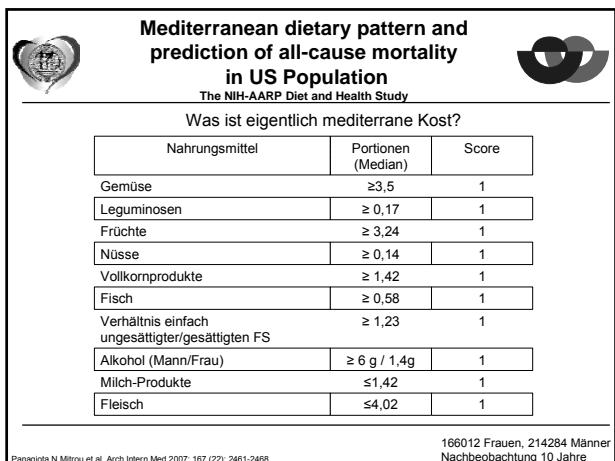
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Effect of a mediterranean-style diet on endothelial dysfunction and markers of vascular inflammation in the metabolic syndrome	
• Studiendesign:	prospektiv, randomisiert
• Teilnehmer:	180 Männer und Frauen mit metabolischem Syndrom
• Intervention:	Mediterrane Kost oder Kontrolle
• Interventionsdauer :	24 Monate
• Zielparameter:	Endotheliale Funktion, Insulin-Sensitivität, CRP, Interleukine
Mediterrane Kost:	Kohlenhydrate 50-60%, Protein: 15-20%, Gesamtfett < 30%, 250-300 g Früchte, 125-150g Gemüse, 25-50 g Walnüsse, 400g Vollkorn, Olivenöl
Kontrollgruppe:	Kohlenhydrate 50-60%, Protein: 15-20%, Gesamtfett < 30%,
Esposito K et al. JAMA 2004; 1440-1446	

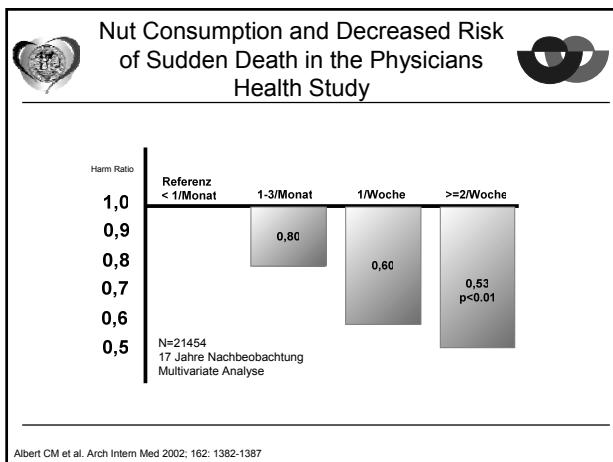
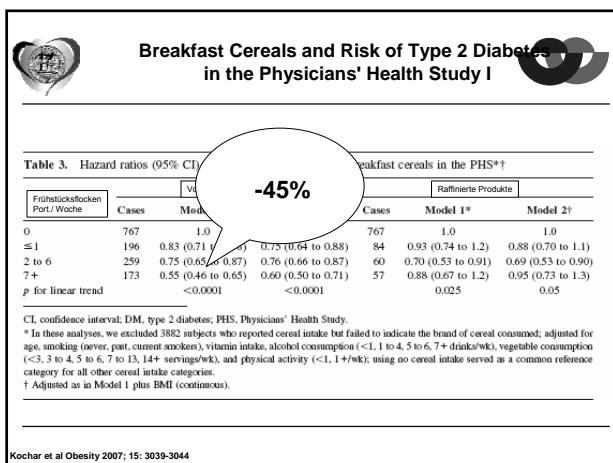
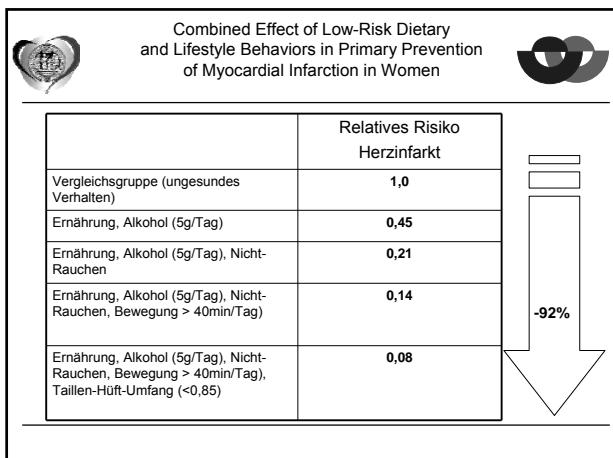
Effect of a mediterranean-style diet on endothelial dysfunction and markers of vascular inflammation in the metabolic syndrome		
Parameter	Differenz zwischen Gruppen	p
Tgl. Kalorienzufuhr	-100 kcal/Tag	<0.001
Omega-3-Fettsäuren	+0,86 g/Tag	<0.001
Früchte, Gemüse etc.	+274 g/Tag	<0.001
Vollkorn	+103 g/Tag	<0.001
Gewicht	-2,8 kg	<0.001
Blutdruck	-3/-2 mmHg	0.03
Plasma Glukose	-6 mg/dl	<0.001
HOMA-Score	-1,1	<0.001
HDL	+3 mg/dl	0.03
Triglyzeride	-19 mg/dl	<0.001
Hs-CRP	-1 mg/dl	0.01
IL-6	-0,6 pg/ml	0.04
Endothelialer Funktions-Score	+1,7	<0.001
Diagnose Metabolisches Syndrom	-43 Patienten	<0.001

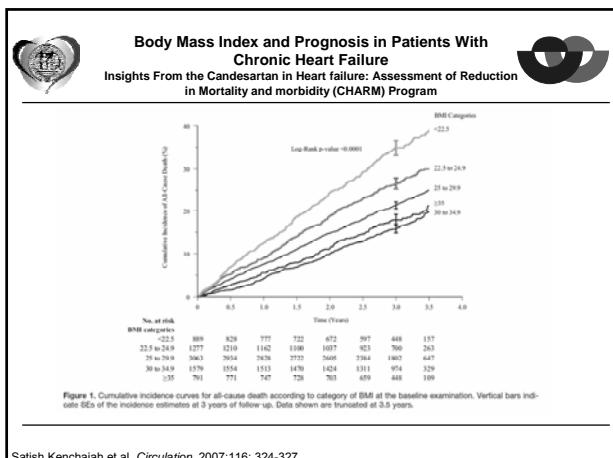
JAMA 2004: 1440-1446

Combined Effect of Low-Risk Dietary and Lifestyle Behaviors in Primary Prevention of Myocardial Infarction in Women					
Lebens-mittel [Port./Woche]	Quintile 1	Quintile 2	Quintile 3	Quintile 4	Quintile 5
Gemüse	11	17	22	27	43
Obst	6	10	12	15	22
Hülsenfrüchte	0,5	0,8	0,8	1	1,6
Fisch	1,6	1,9	2,1	2,3	2,8
Fleisch	6,8	7,7	8,0	8,1	8,7
Wein	0,7	0,8	0,9	0,9	1
Süßigkeiten	11	12	12	12	13

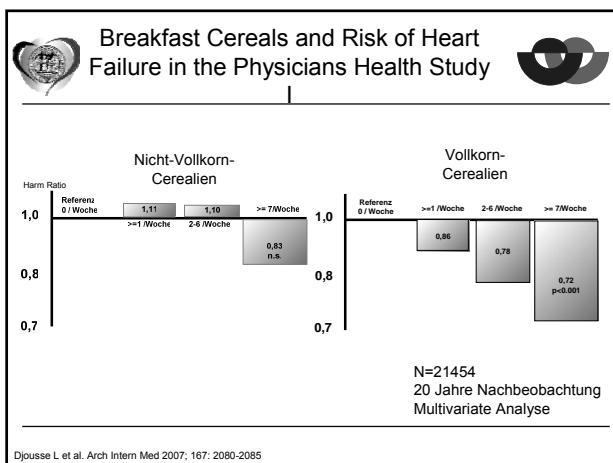
N= 24444 Frauen  
Swedish mammography study  
Nachbeobachtung 6 Jahre

Akesson A et al. Arch Intern Med 2007; 167:2122-2127.

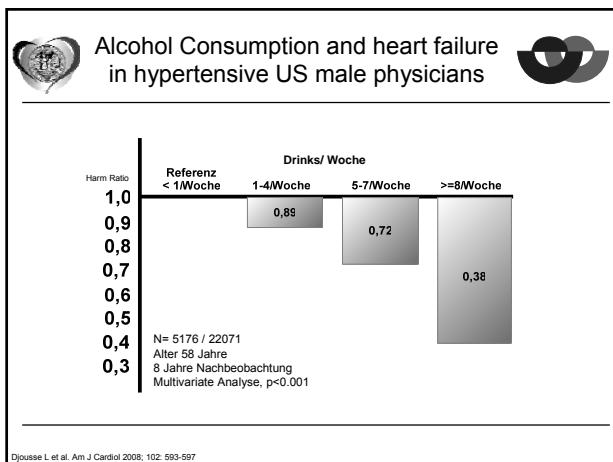




Satish Kenchala et al. *Circulation*. 2007;116: 324-327



Djousse L et al. *Arch Intern Med* 2007; 167: 2080-2085



Djousse L et al. *Am J Cardiol* 2008; 102: 593-597

