

Bibliography: Preventive Cardiology & Lifestyle Intervention

Nurse's Health Study - NEJM 2000. 343(1): p 16-22

If all 5 risk factors (absence of smoking, BMI<25, activity 30 min/day, mod etoh, healthy diet score), 82% lower risk for CVD

Portfolio Diet vs Lovastatin - JAMA 2003 Jul 23;290(4):502-10

1st study to show a diet similar to statin for cholesterol lowering

PREDIMED study - NEJM 2018;378:e34

Mediterranean diet with nuts or EVOO vs control – highest vegetarian diet 41% reduction in mortality

Adventist Health Study 2 - Int J Epidemiol.2018;47:1603-12

Meat for protein – 61% increase in mortality

Plant for protein – 41% reduction in mortality

Analysis of Nurse's Health Study - JAMA Intern Med. 2016;176(10):1453-1463

Plant protein reduces mortality 10% per 3% increment of energy replaced from animal protein

Ornish Lifestyle Heart Trial - JAMA. 1998;280(23):2001-2007

Small study, high intensity program with reversal of CAD without statins

Diabetes Prevention Trial - NEJM 2002 Feb 7;346(6):393-403

High intensity program for pre-Diabetics with primary endpoint development of Diabetes

Compared to control, metformin reduced DM by 31%, intensive lifestyle reduced DM by 58%

Aerobics Longitudinal Health Study - British Journal of Sports Med, 2009. 43(1):p1-2

Low cardio-respiratory fitness is number 1 cause of preventable death

Impact of home-based, supervised exercise on congestive heart failure – Int J Cardiol 2010

Value of home-based exercise on program success

Financial Case for food As Medicine

Calculate return on investment associated with FAM interventions

Keto Diet: Enthusiasm Outpaces Evidence

Review of the evidence on efficacy of ketogenic diet on obesity and diabetes