



11th Cyprus Dietetic & Nutrition Association International Conference
19-21 November, 2021



No conflicts

**Mediterranean Diet Trial on
Prevention of Chronic Cardiovascular
Diseases:
A study under the auspices of MLAVS**

N. Angelides MD, PhD, FRCS FACA, FIUA*

****Working Group: N Angelides, B Balas, S Novo, J
Fernandes, L Antignani, E Hussein, Ch Liapis, P
Poredos and E Andreou**

Mediterranean diet

- It has been argued that a healthy eating pattern, contributing to overall health is the Mediterranean diet (Med-D).



What is the Mediterranean diet?

- **Med-D is a dietary pattern that integrates a number of variations on a basic diet according to the individual heritage and cultures of each Mediterranean Country.**



Mediterranean Diet Trial

- In 2016, a decision was taken by the Executive Board of the Mediterranean League of Angiology and Vascular Surgery to monitor a Med-D open study, starting to enroll subjects in 2017, in order to analyze the objectives of this diet based on a protocol and a well-balanced questionnaire of 20 pages.



***Four preliminary presentations and two publications resulted so far**

The 1st pilot presentation was originated from Cyprus, including 138 individuals;

The 2nd presentation included 500 individuals from six Mediterranean countries

The 3rd presentation presented within a virtual webinar of the Mediterranean League of Angiology and Vascular Surgery, under the auspices of the IUA, in 2021.

The 4th presentation took place in Porto (2021)

Finally, the 1st publication appeared in (2020) and the 2nd publication in (2021).

1st presentation

**Portoroz Slovenia: 28th MLAVS
Congress**

**“Trial on Prevention of Chronic
Cardiovascular Diseases”**

**N. Angelides MD, PhD, FRCS* and
E. Andreou RDN, LD, DProf, FHEA****

***President of the Mediterranean League of Angiology and
Vascular Surgery; Professor University of Nicosia, Cyprus.**

****Clinical Dietitian, Professor at the Nicosia University,
Cyprus.**

2nd presentation



**XXIX IUA WORLD
CONGRESS**

ROME

22-26 APRIL 2020

Mediterranean Diet Trial on Health, Longevity and Prevention of Chronic Cardiovascular Diseases: A Preliminary Announcement

N Angelides*, B Balas, S Novo, J Fernandes, L Antignani, E Hussein, Ch. Liapis, P Poredos and E. Andreou



INTERNATIONAL UNION
OF ANGIOLOGY

VIRTUAL MLAVS WEBINAR



JANUARY 30th 2021

14.00 - 16.00 (CENTRAL EUROPEAN TIME)

A DEEP DIVE INTO NO-OPTION CRITICAL LIMB ISCHEMIA

Moderators



Angelides N.



Antignani P.L.

Lectures



No-option Critical limb ischemia: an overview
Poredos P.



No-option CLI: Medical treatment. What and when?
Novo S.



**No-option CLI: An impending disaster - when and how to avoid.
Will major amputation be the unhappy end?**
Fernandes J.



**No-option CLI: "Exotic" interventional and
non-interventional remedies.**
Liapis Ch.

Commentator



Carpentier P.

Discussion

registration required at this link:
https://zoom.us/webinar/register/WN_N7Zexk51TgS_Es1pwc8gaw

EUROCHAP 2021 (PORTO)

- **SESSION 8 (on 8th of October Friday 17.00 to 18.00 h, in Portugal)**
- **MEDITERRANEAN LEAGUE FOR ANGIOLOGY AND VASCULAR SURGERY**
- **Moderators: Nicos Angelides (Cyprus) | Pavel Poredos (Slovenia)**
- **17h00 | The status of Vascular Surgery in the Mediterranean Region**
- **G. Szendro (Israel) Discussant: José Fernandes e Fernandes (Portugal)**
- **17h10 | The status of Vascular Medicine in the Mediterranean Region**
- **Patrick Carpentier (France). Discussant: Pier Luigi Antignani (Italy)**
- **17h20 | End-stage of Critical Limb Ischemia: Exotic interventional and non-interventional remedies. Christos Liapis (Greece)**
- **Discussant: E. Hussein (Egypt)**
- **17h30 | The contribution of Mediterranean Diet on Health, Longevity and Prevention of Chronic Cardiovascular Diseases: A trial under the Auspices of the Mediterranean League of Angiology and Vascular Surgery E. Andreou (Cyprus). Discussant: Salvatore Novo (Italy)**
- **17h40 | Final Comment Present Challenges in Angiology and Vascular Surgery**
- **José Fernandes e Fernandes (Portugal)**



25TH IUA

EUROPEAN CHAPTER CONGRESS

08th - 09th October 2021 | Porto Online



INTERNATIONAL UNION
OF ANGIOLOGY

**INVESTIGATION OF ADHERENCE TO THE
MEDITERRANEAN DIET IN A HEALTHY AND DISEASED
POPULATION WITH CHRONIC DISEASES, MAINLY WITH
DIABETES MELLITUS AND DYSLIPIDEMIA E. Andreou
(EUROPEAN IUA CONGRESS Porto – Portugal 2021)**

1st publication

PUBLISHED IN: CYPRUS MEDICAL REVIEW 2020

Mediterranean Diet Trial on Prevention of Chronic Cardiovascular Diseases: A descriptive preliminary study.*

N. Angelides, B. Balas, N. Novo , P. Carpentier, PL. Antignani, E. Hussein, Ch. Liapis, P. Poredos and E. Andreou

***A study under the auspices of the Mediterranean League of Angiology and Vascular Surgery presented at the World Congress of IUA, 23-27 June 2020, Rome.**

2nd publication

Mediterranean Diet Trial on Health, Longevity and Prevention of Chronic Cardiovascular Diseases: A Preliminary Announcement

**N Angelides*, B Balas, S Novo, J Fernandes, L Antignani,
E Hussein, Ch. Liapis, P Poredos and E. Andreou**

***Corresponding author: N Angelides**

Journal of Scientific & Technical Research

DOI: 10.26717/BJSTR.2021.36.005899

BIOMEDICAL
Journal of Scientific & Technical Research

The basic aim of the study

The basic aim is to provide an overview of the nutritional habits and values followed by people living in the Mediterranean Region



Other aims of the pilot study

- This study also describes how many different foods and beverages act together.....



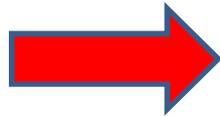


....contributing to an overall improvement of health and longevity

Main results so far

***It was found that the most popular
Med-D ingredient was**

- Olive oil**



...as well as fruits and vegetables

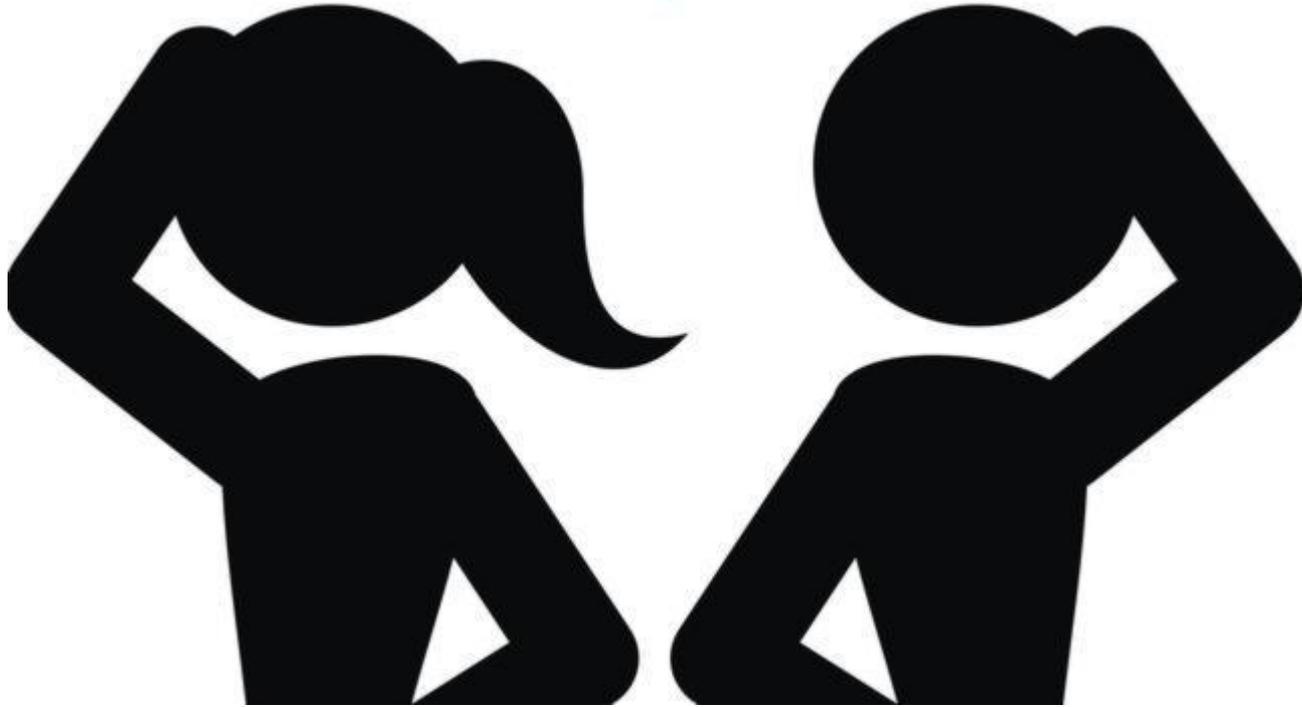


What else?

- **Med-D, includes also, cereals, nuts, seeds, dairy products with low consumption of milk and high consumption of low fat cheese, yoghurt and fish, moderate consumption of eggs, low amounts of red meat and low to moderate consumption of wine, mainly with evening meals.**



Statistics n=500



• **Women 48,5%**

Men 51,5%

Age=even distribution

		%
•	20 – 24	12,1
•	25 – 29	11,3
•	30 – 34	10,9
•	35 – 39	11,8
•	40 – 44	12,0
•	45 – 49	10,5
•	50 – 54	10,0
•	55 – 59	8,2
•	60 – 64	7,1
•	65+	6,0

Body weight

- Normal 59.7%
- Below normal 13.6%
- Above normal 17.0%
- Very fat 9.7%



Mean values of parameters studied

- **Body weight** 68.70 +/- 14.5
- **Height** 1.67 +/- 0.8
- **Abdominal circumference**  60.7 +/- 10.6
- **Abdominal Circumference**  79.8 +/- 14.
- **Blood pressure (Systolic)** 114.8 +/- 20.8
- **Blood pressure (diastolic)** 74.7 +/- 16.2
- **BMI** 22.5 +/- 4.2

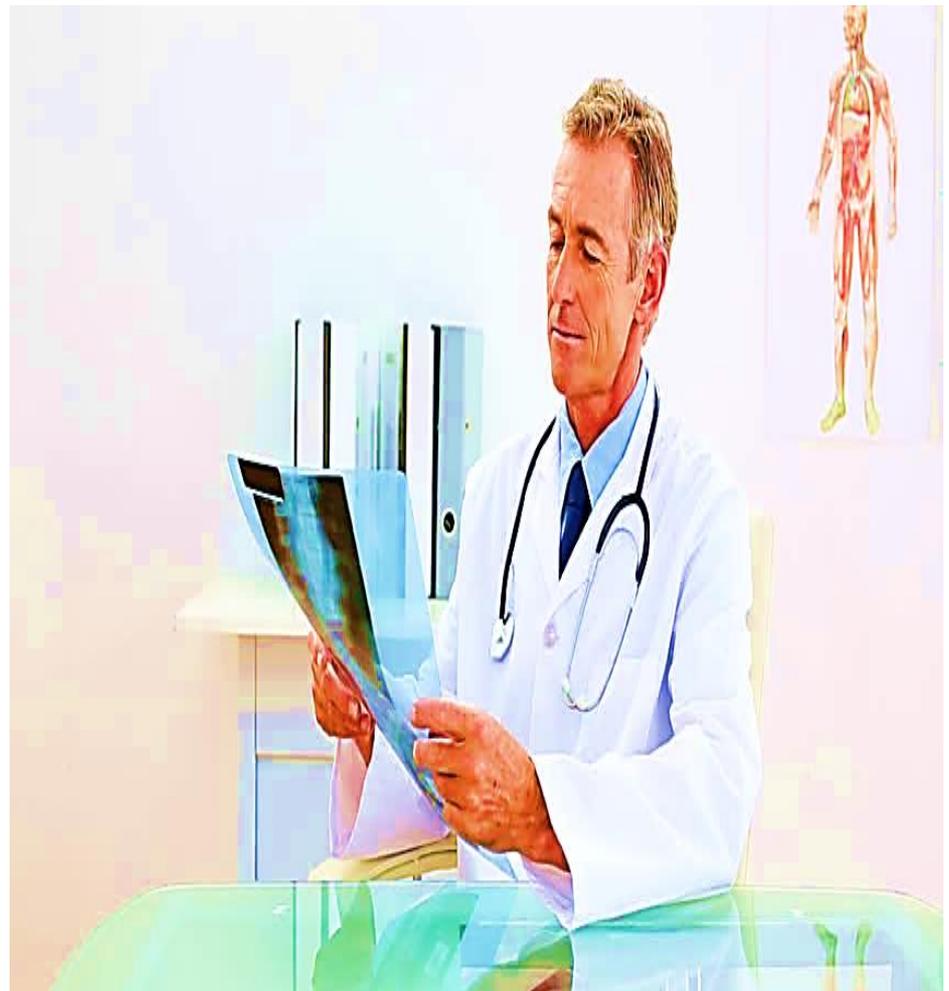
Medical history

- **Med-D unveiled the following medical conditions**

- **Hypertension** **21.3%**
- **Hyperlipidemia** **22.4%**
- **Infections** **7.2%**
- **Osteopenia - Osteoporosis** **12.5 %**
- **Mediterranean anemia minor** **10.9%**
- **Diabetes mellitus** **10.8%**
- **Cardiovascular diseases** **8.9%**

Incidence of chronic diseases

- **Dyslipidemia had the highest percentage (22.4%) from all health conditions. This was followed by hypertension 21.3%, osteoporosis / osteopenia 12.5%, Mediterranean anemia minor 10.9%, Diabetes mellitus 10.8%, cardiovascular diseases 8.9% and infections 7.2%.**



Olive oil

In our study, the use of olive oil in green salads was 98.3% and for cooking purposes was 62.8%

Similarly, this study showed that 29.0% individuals were using another type of vegetable oil, and 2.6% did not know what oil they have used; finally, 3.1% did not cook at home, and 0.4% were using butter.



Nutritional habits

A major part of the questionnaire investigated the nutrition of the adult population. In the specific question whether breakfast and/or a midmorning snack were consumed, 61% had both, 24.2% breakfast only, 11.1% mid-morning snack only, and 3.7% had neither breakfast nor midmorning snack.

We have similar statistics for each meal per day



Daily consumption of water

The majority of adults had either 1-4 glasses or 5-8 glasses of water (73.5%). 25.3% had more than 8 glasses of water and only 2.2% had 1/2 glass per day.

The large variety of answers regarding the consumption of water was related to its seasonal nature.



Level of physical activity

Our study also investigated the level of physical activity in the population. On an average day, the subjects spend 9.8 hours sitting. On the question how much physically demanding their job was, 54% reported as very little, 31.6% just little, 7.7% fairly demanding, and 6.6% heavily demanding. During a typical week, the enrolled subjects were involved in low and medium level of physical activity, and only a small proportion were involved in intense physical activity.



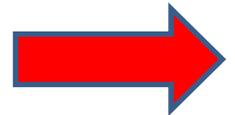
Annual Statistics of the European Union

- Annual European Statistics demonstrated that mortality due to cardiovascular causes is less in the Mediterranean Countries of Europe, whereas, life longevity and health are showing a steady improvement through the last fifty years.

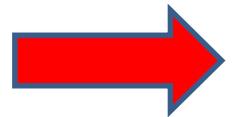


comments

- **Main aims of the pilot studies were to validate the MLAVS questionnaire and see its flexibility in practice. These two goals were fulfilled successfully.**
- **However, at this stage taking into consideration the fact that the study is still in progress, the analysis of the results can not lead to final and valid conclusions. However, on the basis of our results, we came to the following nine suggestions, concerning Med-D:**



Suggestions, so far



1. Med-D, protects against type 2 diabetes

because foods rich in mono-unsaturated fats and fibers are included in Med-D, that makes this diet capable to lower blood sugar and cholesterol, especially in diabetics.



2. Med-D, maintains the levels of cholesterol in the blood

- due to its positive impacts on HDL cholesterol



3. Med-D, keeps people fit as they getting older.

- **As the nutrients, vitamins, and minerals that are consumed with Med-D, can reduce the risk of developing muscle weakness and other aging problems.**



4. Med-D, reduces risk of developing Alzheimer's and other mental diseases

- enabling aging adults to preserve their quality of life.



5. Med-D, decreases the risk of developing Parkinson's disease

because of the antioxidants which are found in Med-D, that keep cells from undergoing the process of oxidative stress



6. Med-D, encourages a healthy weight loss

- as it is easier for someone to stick on this diet for long-term periods



7. Med-D, helps against cancer.

It seems that there is a protective action of Med-D when it comes to cancer prevention. Especially, it helps to prevent the post-menopausal breast cancer.



8. Med-D, fights inflammation.

- **Since a trigger for inflammation is the exposure to oxidative stress, it follows that the high concentration of antioxidants in Med-D, can increase the defense systems of the body.**



9. Med-D, increases longevity.

Mortality statistics of Cyprus from 1960 to 2010 showed strong evidence of the beneficial effect of Med-D on health and longevity.

Finally, we hope that in the future, our MLAVS Study will shed more light and evidence on Med-D diet.



THANK YOU

