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ALIMENTAZIONE Riduce la mortalità tra i cardiopatici

La dieta mediterranea contro i problemi al cuore

Dieta mediterranea scudo "salva-cuore". Non solo per i sani, ma anche per chi ha una storia di malattia cardiovascolare alle spalle. La scienza torna a indagare sulla regina dei regimi alimentari, faro della tradizione italiana a tavola. Ma questa volta lo fa concentrandosi proprio su chi ha più bisogno di stili di vita protettivi: un team di ricercatori italiani, infatti, ha dimostrato che la dieta mediterranea è associata a un rischio ridotto di morte in pazienti che hanno già avuto il cuore sotto "minaccia". Il lavoro, presentato al congresso della Società europea di cardiologia (Esc) di Roma, è "made in Molise". Ha le sue fondamenta nel maxi progetto Moli-sani, studio epidemiologico prospettico che ha reclutato "random" circa 25 mila adulti della regione trasformandola così in un mega laboratorio a cielo aperto. Per arrivare a questi numeri gli scienziati hanno arruolato una media di 5 mila persone l'anno per 5 anni - dal 2005 al 2010 - raggiungendo un "peso statistico importantissimo con il quale si sta dando un grande contributo alla medicina internazionale", spiega all'AdnKronos Salute Giovanni de Gaetano, responsabile del Dipartimento di epidemiologia e prevenzione all'Irccs Neuro-med, Istituto neurologico mediterraneo di Pozzilli (Isernia). Il maxi campione che coinvolge "praticamente il 10% circa degli adulti molisani, è altamente rap-



La dieta mediterranea fa bene al cuore

presentativo della popolazione reale, degli stili di vita diversi, della diversa estrazione sociale: abbiamo persone che vivono in montagna, sul mare, in piccoli paesi e nella grande città, estratte a sorte dagli elenchi di Comuni a loro volta selezionati in maniera casuale". La ricerca che de Gaetano ha presentato ai cardiologi europei a congresso nella Capitale si è concentrata su 1.197 persone dello studio Moli-sani che "al momento dell'arruolamento hanno riportato una storia di malattia cardiovascolare", un evento cardiocerebrovascolare documentato, spiega Marialaura Bonaccio, autrice principale dello studio e ricercatrice under 40 supportata

da una borsa della Fondazione Umberto Veronesi. Il messaggio è positivo: "Non è vero che dopo un infarto è tutto perduto", dice de Gaetano. I nemici del cuore "si combattono anche a tavola. Perciò ai pazienti dico di non focalizzarsi solo sui farmaci, ma anche sullo stile di vita: qualche chilometro o rampa di scale in più a piedi, tv spente e alimentazione "scudo". Nello studio, durante un follow up durato in media 7,3 anni, sono state registrate 208 morti (tutte le cause di morte sono state valutate mediante il collegamento con i dati dell'Ufficio delle statistiche vitali in Molise). L'adesione alla dieta mediterranea è stata valutata con un punteggio da 0 a 9 punti. E un aumento di due punti, hanno osservato gli scienziati, è risultato associato a una riduzione del rischio di morte del 21%. Considerando tre livelli, il gruppo con i punteggi maggiori (6-9), quello cioè che segue più rigorosamente i dettami della dieta mediterranea, ha mostrato un rischio di morte più basso rispetto a chi si era discostato maggiormente dal regime alimentare "all'italiana" totalizzando i punteggi più bassi (0-3). "Abbiamo scoperto - spiega de Gaetano - che tra le persone con un'adesione più alta alla dieta mediterranea la mortalità per qualsiasi causa è stata ridotta del 37% rispetto a chi invece ha rispettato poco i principi di questo stile alimentare".

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FRQWURYHUVLH VX TXHVWR SXQWR VSLHJD LO SUHVLGHQWH GHOOD 6RFLHW
&DUGLRYDVFRODUH 5RPRVWR YDOH SHU WXWWL DQFKH SHU TXHL
VRJJHWWL FKH KDQQR YDORUL GL QRUPD PROWR DOWL SHU LSHUFROHVWHUR
)LQR DG RUD OH LQGLFD]LRQL YDULDYDQR D VHFRQGD GHO ULVFKLR SHUVRQ
IDPLOLDULWj DOOH PDODWWLH FDUGLDFKH H DOOR VWDWR GL VDOXWH ,O FF
FDWLYR QRQ GRYHYD FRPXQTXH PDL VXSHUDUH L

&XRUH H QLFRQVDDQWH LO FRQVXPR GL WDEFFR VLD OD SULPD FDXVD GL
PRUWH HOLPLQDELOH DWWXDOPHQWH QHO PRQGR FL VRQR ROWUH XQ PLOLDL
1HOOR VWXGLR ,QWHUQDGLW %RSHUWHURUH &DUGLRORJLD
GHOO RVSHGDOH GL \$UH]JR LO IXPR GL VLJDUHWWD HUD UHVSRQVDELOH GH
ULVFKLR DWWULEXLELOH VX SRSRODJLRQH SHU XQ SULPR LQIDUWR PLRFDUGL
UHFHQWL LQGLFDQR FKH QHO LO IXPR q VWDWR GLUHWWDPHQWH UHVSRQV
PRQGR GHOOD PRUWH GL PLOLRQL GL SHUVRQH GL FXL EHQ DOO DQOI
HVSRLV]LRQH D IXPR SDVVLYR 6PHWWHQGR GL IXPDUH LO ULVFKLR VL ULGX
XQ DQQR GL DVWLQHQJD 'RSR DQQL GLYHQWD VLPLOH PD VHPSUH XQ SR V
TXHOOR GL FKL QRQ KD PDL IXPDWR &RQLQXDUH D IXPDUH GRSSR XQ HYHQWR
DFXWR DXPHQWD QRWHYRPHQWH OH SRVLELOLWj GL UHFLGLYD (SSUH L I;
GD XQ HYHQWR FDUGLRYDVFRODUH DFXWR ULFRPLQFLDQR D IXPDUH QHO JLUR
PHVH 'DWL UHFHQWL FKH ULVSHFFKLDQR PDJJLRUPHQWH OD UHDOWj LWDOLI
*XOL]LD ULSRUWDQR FKH ROWUH OD PHWj GHL IXPDWRUL GLPHVVL GRSSR VLQ
FRURQDULFD DFXWD ULSUHQQH D IXPDUH H JUDQ SDUWH OR ID JLj QHOOH SUL
VHWWLPDQH GRSSR OD GLPLVVLRQH , IXPDWRUL PRVWUDQR XQ ULVFKLR GL QX
QHO SULPR DQQR GL WUH YROWH VXSHULRUH D FRORUR FKH DEEDQGRQDQR OI
PHQUH LQ FKL ULSUHQQH QHL SULPL JLURQL GDOOD GLPLVVLRQH LO ULVF
TXLQWXSOLFDR / DELWXGDQF DGRSRHVDWRXQJH
&DUGLRORJLD 3ROLFOLQLFR 7RU 9HUJDWD GL 5RPD KD WUD L VXRL HIIHWWL
GHOOD ULJLGLWj GHOO DRUWD FKH UDSSUHVHQWD XQ LPSRUWDQWH SUHGLWV
FDUGLRYDVFRODUH GL PRUWDOLWj SHU WXWWH OH FDXVH

(FLJ H ULGX]LRQH/GHO JDLWFKWFD HOHWWURQLFD SXz DLXWDUH LO FXRUH" 8Q
ULVSRVWD YLHQH RJJL GDL ULFHUFDWRUL GHOO +LSSRNUDWLRQ *HQHUDO +R
FKH KDQQR YDOXWDWR O HIIHWWR GHO IXPR HOHWWURQLFR H GL TXHOOR WUD
GL VDOXWH GHOO DRUWD / DQDOLVL SUHVHQWDWD DO FRQJUHVVV GL 5RPD
VRJJHWWL VHQJD DOWUL IDWWRUL GL ULVFKLR VH QRQ LO IXPR GL VLJDUHWW

q VWDWR YLVLWDWR LQ TXDWWUR GLIIHUHQWL RFFDVLRLQL GXUDQWH OH TXDOI
VLJDUHWWD RJQL PLQXWL XQD VLJDUHWWD HOHWWRQLFD RJQL PLQXWL H
FLJ RJQL PLQXWL (QWUPEL L WLSL GL IXPR KDQQR GHWHUPLQDWR XQ LQF
YDORUL VLVWROLFL H GLDVWROLFL GHOOD SUHVVLRLQH VDQJXLJQD H OH GLII
VWDWH VLJQLILFDWLYH WUD XQR H O DOWUR /D VLJDUHWWD HOHWWRQLFD K
GHEROH QHOO DXPHQWR GHOOH SXOVD]LRQL GHOOH FDURWLGL IHPRUDOL 3:9
FRPSDUDELQH D TXHOOR GHOOH VLJDUHWWH QRUPDOL VH XVDWD RJQL PLQ:
HIIHWR VSHFLILFR TXLQGL VXJJHULVFH FKH LQ SD]LHQWL VHOH]LRQDWL OI
HOHWWRQLFD GHEED HVVHUH XVDWD VRWR FRQWUROOR PHGLFR H QRQ FRF
DOWHUQDWLYR DO WDEDFR EHQV FRPH SDVVDJJLR YHUVR O DEEDQGRQR GI
SURSULR TXHVWR O HOHPHQWR QRFLYR GD FXL DOORQWDQDUVL

/D GLHWD VDO, ~~DO FFRUJHVL~~ WXWHOD DQFKH D WDYROD RYYLDPHQWH /H YHUGX
LQIOXLVFRQR SRVLWLYDPHQWH SHU LO LO SHVFH IRUQLVFH XQ EHQHILFLR
IUXWWD H QRFL FRQWULEXLVFRQR SHU LO H XQ HOHYDWR DSSRUWR GL D
PRQLQVDWXUL H VDWXUL SHU LO 6RQR DOFXQL GHL GDWL HPHUVL GDO
OROL VDQL FRQGRWR GDL ULFHUFDWRUL GHOO ,UFVV 1HXURPHG GL 3R]]LOI
YROWD KDQQR LQGDJDWR LO UXROR GHOOD GLHWD PHGLWHUUDQHD QHL SD]LI
FDUGLRYDFRQDUL FRQFODPDWH 3XUWURSSR JOL DQ]LDQL VSHVVR VL QXWU
PDOH VFRQGR DOFXQH VWLPH GHOOD 6RFLHWj LWDOLDQD GL QXWU]LRQH F
PHWDEROLVPR VDUHEEHUR FLUFD LO JOL DQ]LDQL RYHU FKH QRQ VL DO
FRUHWWDPHQWH H OD PDOQXWU]LRQH SXz HVVHUH SHULFRORVD TXDQWR O
FRPSOLF]LRQL H LQIH]LRQL DXPHQWDQR GL WUH YROWH 6L UHJLVWUD VSHV
DSSRUWR GL SURWHLQH SHU SUREOHL GL PDVWLF]LRQH HG HFRQRPLFL JC
IDQQR OLPLWDUH O DSSRUWR GL IUXWWD H YHUGXUD 8Q UHFHQWH VWXGLR 8\
7XIW 8QLYHUVLW\ SUHV ~~GHOOD \$RDLFRQJHJHWR~~ \$VVRFLDWLRQ
VXJJHULWR FKH O DEEDVDPHQWR GHL SUH]]L GL DOFXQL DOLPHQWL SRWUHE
PLOLRQL GL YLWH *OL HVSHUWL KDQQR FDOFRQDWR FKH DQFKH VROR XQD GL
GHO SUH]]R GHL YHJHWDOL IUHVFKL ULGXUUHEEH OH PRUWL SHU PDODWWL
FDUGLRYDFRQDUL GHOO LQ DQQL H GHO QHL VXFFHVVLYL FLQTXH FR
GLPLQX]LRQH GHO GHO QXPHUR GL LQIDUWL ,Q QXPHUL DVVROXWL VL WUD
PLOD PRUWL SHU PDODWWLH FDUGLDFKH

,O UXROR GHOOD ~~DWLWDPLQD~~ 'SRVVRQR HVVHU
DVVRFLDWL D XQ ULVFKLR DXPHQDWR GL PDODWWLH FDUGLRYDFRQDUL ID'
VL VD DQFRUD SRFR FLUFD LO FROOHJDPHQWR WUD L OLYHOOL GL TXHOOR FK
YHUR H SURSULR RUPRQH H O LQVXILFLHQ]D FDUGLDFD FLRq OD FRQGL]LRQH
QRQ q LQ JUDGR GL SRPSDUH TXDQWLWj GL VDQJXH VXIILFLHQWL SHU IDU IUR'
QHfHVVLWj GHOO RUJDQLVPR , ULFHUFDWRUL GHO 'LSDUWLPHQWR GL HSLGH
SUHYHQ]LRQH GHOO ,UFVV 1HXURPHG GL 3R]]LOOL KDQQR FHUFDWR GL LQGDJL
DVVRFLD]LRQH LQ VRJJHWWL DGXOWL VDQL GL HWj VXSHULRUH D DQQ
GHOOR VWXGLR HSLGHPLRORJLFR OROL 6DQL 'DOOR VWXGLR q HPHUVR FKH J
FRQ XQ OLYHOOR GL YLWDPLQD 'LQIHULRUH D QJ P/ PRVWUDYDQR XQ DXPHQ'
ULVFKLR GL VFRPSHQVR FDUGLDFR GL YROWH ULVSHWR D TXHOOL FRQ O

/H GLIIHUHQJH GL JHQH, ~~OHVHVRGSLGRQD~~ WRUH GL RUJDQR H GHO
ULFHYHQWH SXz DYHUH XQ LPSDWR VXOOD EXRQD ULXVFLWD GHO WUDSLDQW
UXROR GHO VHVVR GL GRQDWRUL H ULFHYHQWL q VWDWR GLVFXVVR SHU DQQ
HYLGHQJH SL• SUHFLVH VSLHJD /HRQDUGR %RORJQHVH /D VRSUDYYLYHQJL
WUDSLDQWR GL FXRUH VHPEUD HVVHUH SHJJLRUH VH LO JHQHUH WUD L GXH
GLYHUVR /R FRQIHUPD XQD PHWD DQDOLVL GL UHYLVLRQL VLVWHPDWLFKH FI
VFRSR GL YDOXWDUH OH HYLGHQJH FRUHQWL ULJXDUGR OD FRPSDWLELQWj
/ DQDOLVL KD FRPSDUDWR L GDWL HVWUDWWL GD 3XEPHG HG (PEDVH GXH GI
ULFHUFKH VFLHQWLILFKH VLQR D IHEEUDLR HG KD LQFOXVR SD]LHQ\
4XDQGR VRQR VDWL DQDOL]DWL L ULFHYHQWL GL HQWUPEL L JHQHUL VRQ
DOO RFFKLR VLJQLILFDWLYH GLIIHUHQJH QHOOD VRSUDYYLYHQ]D D XQ DQQR W
VHVVR R GL VHVVR GLYHUVR

1HL ULFHYHQWL PDVFKL q ~~PVWVFLGRQD~~ IDWRUH

GL ULVFKLR SHU OD PRUWDOLWj D XQ DQQR FRQ XQ LQFUHPHQWR GL YROV
VWHVVR DVVLRPD QRQ HUD YDOLGR VH LO ULFHYHQWH HUD XQD GRQQD FKH L
PRVWUDYD XQD PLJOLRUH VRSUDYYLYHQJD 6L WUDWWD GL XQD FRQFOXVLRQH
HVWUHPDPHQWH LQWHUHVVDQWH DIIHUPD *XOLJLD 'DO DO VROR LC
VRQR VWDWL HVHJXLWL WUDSLDQWL GL FXRUH FRQ WDVVL GL VRSUDYYLY
D XQ DQQR GHOO H TXHVWD VFRSHUWD SRWUHEEH PLJOLRUDUH XOWHULF
TXHVWD SHUIRUPDQFH *OL XRPLQL FRUURQR PHQR ULVFKL GL ULJHWWR VH KI
PXVFROR FDUGLDFR GD GRQDWRUL GHOO VWHVVR VHVVR /H LSRWHVL VXL F
IHQRPHQR VRQR GLYHUVH H DQFRUD QRQ GHO WXWWR FKLDULWH O DXPHQR
ULJHWWR QHL FDVL GL GRQDWRUH H WUDSLDQWDWR GL VHVVR RSSRVWR SRV
GRYXWR DOOH GLIIHUHQWL GLPHQVLRQL GHO PXVFROR VROLWDPHQWH SL• JU
PDJJLRUH FDSDFLWj GL SXOVDJLRQH QHJOL XRPLQL 0D DQFKH IDWWRUL GL QI
RUPRQDOH R LPPXQLWDULD DQFRUD QRQ SHUIHWWDPHQWH FKLDULWL , PLJO
RSHUDWRUL LQ VWXGL SUHFHGHQWL VRQR VWDWL ULVFRQWUDWL QHL FDVL
D XRPR /H SHUFHQWXDOL SL• EDVVH GL VRSUDYYLYHQJD LQYHFH VRQR VWDV
WUD JOL XRPLQL FXL HUD VWDWR WUDSLDQWDWR XQ FXRUH IHPPLQLOH

/D YLVVLD G'RODSD DJRVWR XOWLPR JLRUQR GL ODYRUL L PLJOLDL GL
FDUGLRORJLD VRSUDYYLYHQJD OD YLVVLD VSHFLDOH GL SDSD)UDQFHVFR FKH VL U
DOOD)LHUD GL 5RPD SHU SRUWUDH LO VXR VDOXWR DO FRQJUHVVVR GHOO 6
GL &DUGLRORJLD 3HU O RFFDVLQRH QHL YDUFKL GL DFFHVVR VRQR SUHYLV
PHWDO GHWHFWRU VLD VXOOH SHUVRQH FKH VXOOH ERUVH

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DJRVWR

\$OWUL DUWLFROL GDOOD	'URJKH	3DUDSOHJLFL	(PRIOLD SULPD
FDWHJRULD	VLQWHWLFKH ERRULWURYDQR	GL YLWWLPH QHJOLVHQVLELQWj H	PDODWULD FKH
	6WDWL 8QLWL	FRQWUROOR SDUJLD	YHUJ FXUDWD FRQ
	PLOD PRUWL LQ XQGHOH JDPEH		DDHWHUDSLD JHQLFD

)DL GL 5HSXEEOLFD ODO DWSK RPHOSVGR LR Q RULYHVH HELLQYLDUH IRWRU YL JLRG &XLEHOLIFLWj YDF\

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UDJJL WFOVVHJJLD D IDUQH OH \$ SXVQWRLO QRVWUR FXRUH
VRVWLHQH XQ QXPHUR VHPSUH PDJJLRUH GL HYLGHQJH FKH LQGLFD FKH EDV
FLUFRODQWL GL YLWDPLQD ' SRVVRQR HVVHUH DVVRFLDWL D XQ ULVFKLR DXPHQ'
FDUGLRYDVFRODUL IDWDOL H QRQ , Q SDUWLFRODUH DQFRUD SRFR VL VD FLUFD
OLYHOOL GL TXHOOR FKH a FRQVLGHUDWR XQ YHUR H SURSULR RUPRQH H OELQVX
SUDWLFD TXHOOD FRQGLJLRQH LQ FXL LO FXRUH QRQ a LQ HVVQR QL QVVDUHU T)
VXILFLHQWH SHU IDU IURQWH DOOH QHFHVVLWc GHODc & (5 & \$) /HJXHc
RVVLJHQR QHJOL RUJDQL FKH UHJLVFRQR DFFXPXODQGR DFTXD H VRGLR QHL WH
1RWD DQFKH FRQVEEPVSHQVRQHDGDISDERD FDXVD GL ULFRYHUR
RVSHGDOLHUR WUD JOL RYHU , Q , WDOLD TXHVWD FRQGLJLRQH (LQWISUHVTD FLU
IUHTXHQJD UDGRSSLD RJQL DQQL LQ SL» GÈHWc DWL OLQLVWHUR 6DOXWH \$

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VWDQFKH]JD JRQILRUH HGHPD GHJOL DUWL VRQR L VLDQWRPL SL» WLSLFL
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1HXURPHG GL 3R]]LOOL VL VRQR SURSRVWL GL LQGDJDU\$10T,X&Y\$D 4V8/\$7LD5L2RQH
 GL DGXOWL LWDOLDQL %HQ VRQR VWDWL L VRJHWWL DGXOWL VDQL GL HW
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 HSLGHPLRORJLFR 02/, 6\$1, 'XUDQWH LO UHFOXWDPHQWR DL SDUWHFLSDQWL VR
 VRPPLQLVWUDWL TXHVWLRQDUL DQDPQHVWLFH H DOLPHQWUH HIHWXDWL SUH
 GLDJQRVWLFL (&* 6SLURPHWULH , OLYHOOL GL YLWDFLQD \$778\$/7
 ODERUDWRULR FHQWUDOH GHO SURJHWWR HXURSHR %LRPDU&5H /D FRRUWH a V
 SHULRGR GL DQQL VLQR DO GLFHPEUH H L OLYHOOLG% YLWDFLQD VRQR V
 QRUPDOHQJ P/ LSRYLWDFLQRVL QJ P/ H FDUHQJD GL YLWDFLQD'

'XUDQWH LO SHULRGR GL IROORZ XS DWWUDYHUVR OH VFKHG GL GLPLVLRQH R
 UHJLVWUDWL HYHQWL GL LQVXIILFLHQJD FDUGLDFD FRQ XQELQFLGHQJD ULVSHV
 H QHL WUH JUXSSL 'RSR XQEDQDOLVL PXOWLYDULDW (FKH KD SHUPHYVR
 HYHQWXDOL FRQIRQGHQWL JOL LQGLYLGXL FRQ XQ OLYHOOR GL YLWDFLQD ' LQII
 PRVWUDYDQR XQ DXPHQWR GHO ULVFKLR GL VFRPSHQVR&2D3GLD\$FR GL YROWH
 FRQ OLYHOOL QRUPDOL

í4XHVWL ULVXOWDWLÍ VSLHJD)UDQFR 5RPHR È 'LUHWWRUH &DUGLRORJLD 3ROLF
 5RPD íFRQWULEXLVFRQR D GHOLQH DUH PHJOLR XQ SRVLELOH UXRRR GHOOD FD
 QHOOE LQVRUJHQJD GL HYHQWL FDUGLRYDVFRODUL 8Q PDJERUH D\$SRFRQGLPHG
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*LRUQDOLVWD VFLHQWLILFD GDO KD VFULWWR SHU OH SL» LPSRUWDQWL
 QD]LRQDOL ' GL 5HSXEEOLFD \$11\$ 6DOYH %HOOD 'RQD ORGHUQD (OOH
 ODULH &ODLUH &DVPRSRVORWSDU GXH DQQL LO PRUGLQDPHQR *25, \$
 UHGD]LRQDOH GHOOH ULYLVWH VFLHQWLILFKH 237,0\$-6\$/87(-H-2SWLFDO
 6SHUOLQJ .XSIHU KD SXEEOLFDWR QHO LO VXR SUIPR QLEUR QWHUYLVV
 FRQ LO FRUSR XPDQR VFULWWRIFRQ LOKSDGUH 1XOOR &DQWDURQL
 FXUDWR OD VWHVXUD GHOOD YHUVLRQH LWDOLDQD GL /H 6RUJHQWL GHOOD 6
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'LHWD PHGLWHUUDQHD VFXGR VDOY
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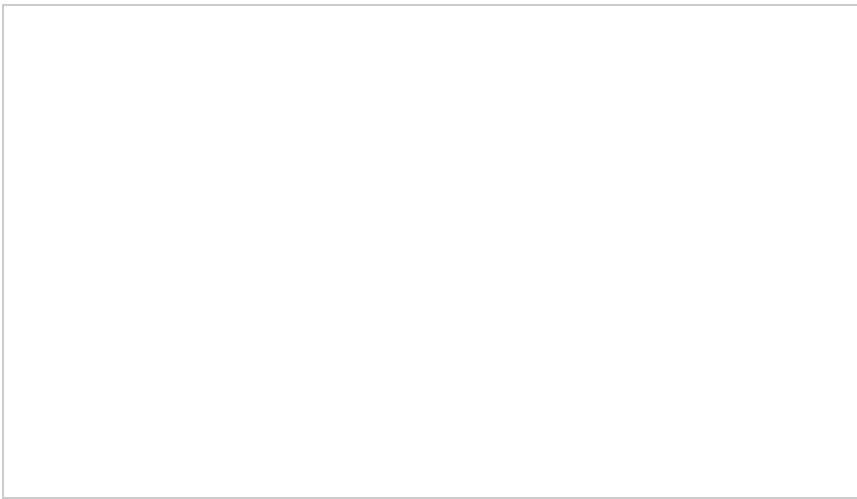
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'LHWD PHGLWHUUDQHD VFXGR VDOYDFXRUH 1RQ VROR SHU L VDQL PD DQFKH S
PDODWWLD FDUGLRYDVFRODUH DOOH VSDOOH /D VFLHQJD WRUQD D LQGDJDUH VX
DOLPHQWDUL IDUR GHOOD WUDGL]LRQH LWDOLDQD D WDYROD

0D TXHVWD YROWD OR ID FRQFHQWUDQGRVL SURSULR VX FKL KD SL• ELVRJQR GL V
ULFHUFDWRUL LWDOLDQL LQIDWWL KD GLPRVUDWR FKH OD GLHWD PHGLWHUUDQ
PRUWH LQ SD]LHQWL FKH KDQQR JLj DYXWR LO FXRUH VRWR PLQDFFLD

,O ODYRUR SUHVHQWDR RJJL DO FRQJUHVV R GHOD 6RFLHWj HXURSHD GL FDUG
ILQR D PHUFROHGu DJRVWR q PDGH LQ 0ROLVH +D OH VXH IRQGDPHQWD QHO F
VWXGLR HSLGHPLRORJLFR SURVSHWWLFR FKH KD UHFOXWDR UDQGRP FLUFD
WUDVIRUPDQGROD FRVU LQ XQ PHJD ODERUDWRULR D FLHOR DSHUWR

3HU DUULYDUH D TXHVWL QXPHUL JOL VFLHQJLDWL KDQQR DUUXRODWR XQD PHGLD
DQQL GDO DO UDJJLXQJHQQR XQ SHVR VWDWLVLFR LPSRUWDQWLVLPI
XQ JUDQGH FRQWULEXWR DOOD PHGLFLQD LQWHUQD]LRQDOH VSLHJD DOO \$GQ.UR
*DHWDQR UHVSQRVDELOH GHO 'LSDUWLPHQWR GL HSLGHPLRORJLD H SUHYHQJLRQ
QHURORJLFR PHGLWHUUDQHR GL 3R]]LOOL ,VHUQLD ,O PD[L FDPSLRQH FKH FRLC
FLUFD GHJOL DGXOWL PROLVQD q DOWDPHQWH UDSSUHVHQWDLWR GHOD SRSR
GLYHUVL GHOD GLYHUVL HVWUD]LRQH VRFLDOH DEELDPR SHUVRQH FKH YLYRQR
SLFFROL SDHVL H QHOOD JUDQGH FLWWj HVWUDWWH D VRUWH GDJOL HOHQFKL GL
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/D ULFHUFD FKH GH *DHWDQR KD SUHVHQWDR DL FDUGLRORJL HXURSHL D FRQJU
FRQFHQWUDWD VX SHUVRQH GHOR VWXGLR 0ROL VDQL FKH DO PRPHQWR GHO
ULSRUWDR XQD VWRULD GL PDODWWLD FDUGLRYDVFRODUH XQ HYHQWR FDUGLR
VSLHJD 0DULDODXUD %RQDFFLR DXWULFH SULQFLSDOH GHOR VWXGLR H ULFHUFI
ERUVD GHOD)RQGD]LRQH 8PEHUWR 9HURQHVL ,O PHVVDJJLR q SRVLWLYR 1RQ q
WXWWR SHUGXWR GLFH GH *DHWDQR , QHPLFL GHO FXRUH VL FRPEDWWRQR DQF
GLFR GL QRQ IRFDOL]]DUVL VROR VXL IDUPDFL PD DQFKH VXOOR VWLOH GL YLWD
VFDOH LQ SL• D SLHGL WY VSHQWH H DOLPHQWD]LRQH VFXGR

1HOOR VWXGLR GXUDQWH XQ IROORZ XS GXUDWR LQPHGLD DQQL VRQR VWDWH
FDXVH GL PRUWH VRQR VWDWH YDOXWDR PHGLDQWH LO FROOHJDPHQWR FRQ L G
YLWDOL LQ 0ROLVH / DGHUHQJD DOOD GLHWD PHGLWHUUDQHD q VWDWD YDOXWDR
XQ DXPHQWR GL GXH SXQL KDQQR RVVHUWDR JOL VFLHQJLDWL q ULVXOWDR D
ULVFKLR GL PRUWH GHO

&RQVLGHUQQR WUH OLYHOOL LO JUXSSR FRQ L SXQWHJJL PDJJLRUL TXHOOF
ULJRURVDPHQWH L GHWWDP L GHOD GLHWD PHGLWHUUDQHD KD PRVWDR XQ UI
FKL VL HUD GLVFRVWDR PDJJLRUPHQWH GDO UHJLP DOLPHQWDR DOO LWDOLD
EDVVL \$EELDPR VFRSHUWR VSLHJD GH *DHWDQR FKH WUD OH SHUVRQH FR
DOOD GLHWD PHGLWHUUDQHD OD PRUWDOLWj SHU TXDOVLVL FDXVD q VWDWD ULG
KD ULVSHWDR SRFR L SULQFLSL GL TXHVWR VWLOH DOLPHQWDR

/R VWXGLR GXQTXH FRQIHUPD LO SRWHUH SURWHWWLYR GHOD GLHWD PHGLWHU
SDUOLDPR GL SUHYHQJLRQH SULPDULD PD VFRQGDULD GLFH OR VFLHQJLDWR S
OD TXDO q LO VHJUWR OD FDUWD YLQFHQWH GHOD ,WDOLDQ VW\OH QHO SLDWWF
ORUR LQGDJLQH JXDUGDQQR DO UXROR VYROWR GDL VLQJROL LQJUHGLHQWL FKH
PHGLWHUUDQHD ,O PDJJLRU FRQWULEXWR DOOD ULGX]LRQH GHO ULVFKLR GL PRU
FRQVXPR GL YHUGXUH SHVFH IUXWWD QRFL H DFLGL JUDVVL PRQRLQVDWXUL FK
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4XHVWL ULVXOWDWL FRQLQXD GH *DHWDQR FL VSLQJRQR DG DSSURIRQGLUH LC
GLHWD PHGLWHUUDQHD SXz SURWHJJHUH GDO ULVFKLR GL PRUWH &L VRQR GLYHI
FRPH FRQIHUPD LO QRVWR VWXGLR FRQWULEXLVFRQR GL SL• VRQR FDUDWWHUL]]I
GDQQR LO FRORUH D IUXWWD H YHUGXUD PD VRSUDWWXWWR KDQQR XQ HIIHWR D
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O ,WDOLD FXOOD GHOD GLHWD PHGLWHUUDQHD SRWUHEEH HVVHUH DYYDQWDJJI
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FRQWDGLQR SRYHUR FKH QRQ VL SRWHYD SHUPHWWHUH OD FDUQH H GRYHYD XVDU
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IDPLJOLH FRQ GLVSRQLELOLWj HFRQRPLFKH ULGRWWH DQFRUD GL SL• GDOOD FUL
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- =LND SXz GDQQHJJLDUH DQFKH LO FHUYHOOR GHJOL DGXOWL
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- 'DO FLER ORFDOH DOOD HFR VSD DQFKH OD YDFDQJD μOXVVR¶ q WRWDO JUHHQ

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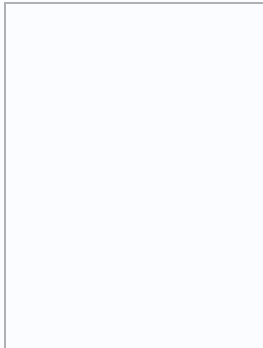
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La dieta mediterranea mette il cuore al riparo

LA dieta mediterranea salva il cuore, e riduce la mortalità persino in chi ha già una patologia cardiaca fino al 37%. Lo afferma uno studio italiano, del centro Neuromed di Pozzilli. Lo studio è stato condotto nell'ambito del mega trial Moli-sani in un troncone della ricerca su 1197 individui con una storia di malattia cardiaca di età media 67 anni, maschi nel 68% del campione. La storia clinica includeva patologie coronariche ed eventi cerebrovascolari. Al termine



di un follow up durato 7,5 anni si sono verificati 208 decessi ma confrontando i dati con la dieta è saltato agli occhi che un incremento di 2 punti nel "mediterranean diet score".



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DOLPHQWDUL IDUR GHOOD WUDGL]LRQH ULVRODQD D WDYROD OD
TXHVVD YROWD OR ID FRQFHQWUDQGRVL SURSULR VX FKL KD SL
ELVRJQR GL VWLQD GL YLWD SURWHWWLYL XQ WHDP GL ULFHUFDWRUL LWDOLDQL LQIDWWL KD GL
DVVRFLDWD D XQ ULVFKLR ULGRWWR GL PRUWH LQ SD]LHQWL FKH KDQQR JLj DYXWR LO FXRUH VRW
DO FRQJUHVVV GHOOD 6RFLHWj HXURSHD GL FDUGLRORJLD (VF LQ FRUVR D 5RPD ILQR D PHUFROH
OROLVH +D OH VXH IRQGDPHQWD QHO PD[L SURJHWWR OROL VDQL VWXGLR HSLGHPLRORJLFR SURV
UDQGRP FLUFD PLOD DGXOWL GHOOD UHJLRQH WUDVIRUPDQGRQD FRVU LQ XQ PHJD ODERUDWRUL
TXHVWL QXPHUL JOL VFLHQJLDWL KDQQR DUUXRODWR XQD PHGLD GL PLOD SHUVRQH O DQQR SHU
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SLFFROL SDHVL H QHOOD JUDQGH FLWWj HVWUDWWH D VRUWH GDJOL HOHQFKL GL &RPXQL D ORUR
FDVXDOH /D ULFHUFD FKH GH *DHWDQR KD SUHVHQWWR DL FDUGLRORJL HXURSHL D FRQJUHVVV
FRFHQWUDWD VX SHUVRQH GHOOR VWXGLR OROL VDQL FKH DO PRPHQR GHO DUUXRODPHQW
GL PDODWWLD FDUGLRYDVFRDUH XQ HYHQWR FDUGLRFHUHEURYDVFRDUH GRFXPHQWWR VSLHJD
SULQFLSDOH GHOOR VWXGLR H ULFHUFDWULFH XQGHU VXSSRUWDWD GD XQD ERUVD GHOOD)RQGD
PHVVDJLRL q SRVLWLYR 1RQ q YHUR FKH GRSR XQ LQIDUWR q WXWWR SHUGXWR GLFH GH *DHWDQ
FRPEDWWRQR DQFKH D WDYROD 3HUFLZ DL SD]LHQWL GLFR GL QRQ IRFDOL]DUVL VROR VXL IDUPD
TXDOFKH FKLORPHWUR R UDPSD GL VFDOH LQ SL D SLHGL WY VSHQWH H DOLPHQWD]LRQH VFXGR
IROORZ XS GXUDWR LQ PHGLD DQQL VRQR VWDWH UHJLVWUDWH PRUWL WXWWH OH FDXVH GL
PHGLDQWH LO FROOHJDPHQWR FRQ L GDWL GHOOD 8ILFLR GHOOD VWDWLWVLFKH YLWDL LO ORQVH
VWDWD YDOXWDWD FRQ XQ SXQWHJJLR GD D SXQWL (XQ DXPHQWR SL SXH SXQWL DQQR R VVH
ULVXOWDWR DVVRFLDWR D XQD ULGX]LRQH GHO ULVFKLR GL PRUWH GHO &RQVLGHUHQGR WUH O
PDJLRLUL TXHOOR FLRq FKH VHJXH SL ULJRURVDPHQWH L GHWWRD GHOOD GLHWD PHGLWHU
GL PRUWH SL EDVVR ULVSHWWR D FKL VL HUD GLVFRVWWR PDJLRLUPHQWH GHO ULHULPHQWR
SXQWHJJL SL EDVVL \$EELDPR VFRSHUWR VSLHJD GH *DHWDQR FKH WUD OH SHUVRQH FRQ
GLHWD PHGLWHUUDQHD OD PRUWDOLWj SHU TXDOVLVLDL FDXVD q VWDWD ULVSHWWR GHU ULVSHW
SULQFLSL GL TXHVWR VWLOH DOLPHQWUH /R VWXGLR GXQTXH FRQIHUPD LO SRWHUH SURWHWWL
FKH WDYROWD QRQ SDUOLDPR GL SUHYHQ]LRQH SULPDULD PD VHFRODQLD GFL]OR VFL]OLFLW
FXRUH OD TXDO q LO VHJHWR OD FDUWD YLQFHQWH GHOOD ,WDOLDQ VWLOH QHO SLDWWR ULFH
LQGDJLQH JXDUGDQGR DO UXROR VYORWR GDL VLQJROL LQJHGLHQWL FKH FFRQJQR OZ L VWD
FRQWULEXWR DOOD ULGX]LRQH GHO ULVFKLR GL PRUWDOLWj q VWDWR GDWR GD XQ SL DOWR FRQV
DFLGL JUDVVL PRQLQVWXL FKH VLJQLILFD ROLR GL ROLYD HOHQFD %RQDFFLR 4XHVWL ULVXO
VSLQJRQR DG DSSURIRQGLUH LO PHFFDQLVPR DWUDYHUVR FXL OD GLHWD [REDACTED] SXZ SUR
VRQR GLYHUVH LSRWHVL *OL DOLPHQWL FKH FRPH FRQIHUPD LO QRVWR [REDACTED] XLVFRQ
SROLIHQROL VRVWDQJH FKH GDQQR LO FRORUH D IUXXWD H YHUGXD PD V [REDACTED] DQQR X
DQWLRVVLGDQWH H SRVVRQR IDYRULUH OD VDOXWH SURSULR ULGXFHQGR LQILDPPD]LRQH H RVVLGD
FKH SRUWDQR DO GHWHULRUDPHQWR GHL WHVXWL H DOOD PRUWH ORORR F q DQFRUD GD LQGDJL
ULVSHWWR SHU HVHPSLR DO 1RUG (XURSD VHPEUDQR JRGHUH GL XQ EHQHILFLR GLIIXVR FKH PRVWU
GLFH GH *DHWDQR (O ,WDOLD FXOOD GHOOD GLHWD PHGLWHUUDQHD SRWUHEEH HVVHUH DYYDQW
SXUWRRSR RJL OH FRVH VRQR XQ SR FDPELDWH /D GLHWD PHGLWHUUDQHD FKH QDVH FRPH OD
FKH QRQ VL SRWHYD SHUPHWWHUH OD FDUQH H GRYHYD VXDUH O ROLR LQYHFH GHO EXUUR q GLYHQV
EHQHVDQWL FKH SRVVRQR SHUPHWWHUH GL FRPSUDUH D FDUR SUH]JR OD YHUGXD H OD IUXXWD
q GLYHQWWR GLIILFLOH VHJLUOD SHU PROWH IDPLJOLH FRQ GLVSRQLELOLWj HFRQRPLFKH ULGRW
VSHVVR OH PDPPH ODYRUDQR ILQR D WDUGL H VRQR FRVWUHWWH D FXFLQDUH LQ YHORFLWj 4XHVW

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HTXDPHQWH VXOOD SRSRODJLRQH ,QWDQWR SHUz GH *DHWQQR ODQFLD XQ DSSHOOR DIILQFKp VL U
WDYROD FRQ SROLWLFKH DG KRF FKH RULHQWLQR L FRQVXPDRUL YHUVR L FLEL VDQL PHWWHQGR
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/DGLHWD PHGLWHUUDQHD DG XQ ULVFKLR
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FXRUH VRWWR 3PLQDFFLD' R XQD VWRULD GL PDODWWLD
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VXR ODYRUR DO FRQJUHVVWR GHOOD 6RFLHWj HXURSHD GL
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FKH KD UHFOXWUDWR UDQGRP FLUFD PLOD DGXOWL GHO
0ROLVH WUDVIRUPDQGR FRVU TXHVWR PHGLWHUUDQHD DG XQ ULVFKLR
PHJD ODERUDWRULR D FLHOR DSHUFLD R XQD VWRULD GL PDODWWLD FDUGLRYDVFRODUH DOOH
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FRQWULEXWR DOOD PHGLFRD KOWSLDPRDOOH \$GQ.URQD V]W]ZVH LRYDQQL
*DHWDR UHVSQRVDELOH GHO 'LSDUWLPHQWR GL HSLGHPLRORJLD H SUHYHQ]LRQ
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JUDQGH FLWwj HVWUDWWH D VRUWH GDJOL HOHQFKL GL &RFXPHQWUDWR
FDVXDOH

/D ULFHUFD SUHVHQWUDWR RJJL D 5RPD VL q FRQFHQWUDWR VX SHUVRQH GH
DO PRPHQWR GHOO DUUXRODPHQWRPHQDWRULR D V]W]ZVH LRYDQQL GL
XQ HYHQWR FDUGLRFHUHEURYDVFRODUH GRFXPHQWUDWR KD VSLHJDWR 0DULDOD)
SULQFLSDOH GHOO VWXGLR

1HOOR VWXGLR GXUDQWH XQ IROORZ XS GXUDWR LQ PHGLD DOOLVROD VWDV
WXWWH OH FDXVH GL PRUWH VRQR VWDWH YDOXWUDWH PHGLDOWH LO PROPHDPH
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SXQWHJJLR GD D SXQL (XQ DXPQWR GL GXH SXQL KDQQR RVVHUYDWR JO
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,O JUXSSR FRQ L SXQWHJJL PDJJLRUL TXHOOR FLRq SUWLFROL GL
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PDJJLRUPHQWH GDO UHJLPH DOLPHQWUDH DOO LWDOLDQD WRWDOL]]DQGR L SXQ
\$EELDPR VFRSHUWRGH *RNMVQR OH SHUVRQH FRQ XQ DGHVLRQH SL• DOWD DO
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DIETA MEDITERRANEA RIDUCE DEL 37% LA MORTALITA' NEI CUORI MALATI

dieta mediterranea Uno studio del centro Neuromed di Pozzilli, presentato al congresso della Società europea di cardiologia (Esc) in corso a Roma, sottolinea che la dieta mediterranea salva il cuore, e riduce la mortalità fino la 37%, persino in chi ha...
Fonte: Nutri & Previeni Nutri & Previeni

SALUTE: DIETA MEDITERRANEA RIDUCE MORTALITA' MALATI CUORE, STUDIO IN MOLISE

Roma, 29 ago. (AdnKronos Salute) - Dieta mediterranea scudo 'salvacuore'. Non solo per i sani, ma anche per chi ha una storia di malattia cardiovascolare alle spalle. La scienza torna a indagare sulla regina dei regimi alimentari, faro della tradizione italiana a tavola. Ma questa volta lo fa concentrandosi proprio su chi ha più bisogno di stili di vita protettivi: un team di ricercatori italiani, infatti, ha dimostrato che la dieta mediterranea è associata a un rischio ridotto di morte in pazienti che hanno già avuto il cuore sotto 'minaccia'. Il lavoro, presentato al congresso della Società europea di cardiologia (Esc), in corso a Roma fino a mercoledì 31 agosto, è 'made in Molise'. Ha le sue fondamenta nel maxi progetto Moli-sani, studio epidemiologico prospettico che ha reclutato 'random' circa 25 mila adulti della regione trasformandola così in un mega laboratorio a cielo aperto. Per arrivare a questi numeri gli scienziati hanno arruolato una media di 5 mila persone l'anno per 5 anni - dal 2005 al 2010 - raggiungendo un "peso statistico importantissimo con il quale si sta dando un grande contributo alla medicina internazionale", spiega all'AdnKronos Salute Giovanni de Gaetano, responsabile del Dipartimento di epidemiologia e prevenzione all'Irccs Neuromed, Istituto neurologico mediterraneo di Pozzilli (Isernia). Il maxi campione che coinvolge "praticamente il 10% circa degli adulti molisani, è altamente rappresentativo della popolazione reale, degli stili di vita diversi, della diversa estrazione sociale: abbiamo persone che vivono in montagna, sul mare, in piccoli paesi e nella grande città, estratte a sorte dagli elenchi di Comuni a loro volta selezionati in maniera casuale". La ricerca che de Gaetano ha presentato ai cardiologi europei a congresso nella Capitale si è concentrata su 1.197 persone dello studio Moli-sani che "al momento dell'arruolamento hanno riportato una storia di malattia cardiovascolare", un evento cardiocerebrovascolare documentato, spiega Marialaura Bonaccio, autrice principale dello studio e ricercatrice under 40 supportata da una borsa della Fondazione Umberto Veronesi. Il messaggio è positivo: "Non è vero che dopo un infarto è tutto perduto", dice de Gaetano. I nemici del cuore "si combattono anche a tavola. Perciò ai pazienti dico di non focalizzarsi solo sui farmaci, ma anche sullo stile di vita: qualche chilometro o rampa di scale in più a piedi, tv spente e alimentazione 'scudo'". Nello studio, durante un follow up durato in media 7,3 anni, sono state registrate 208 morti (tutte le cause di morte sono state valutate mediante il collegamento con i dati dell'Ufficio delle statistiche vitali in Molise). L'aderenza alla dieta mediterranea è stata valutata con un punteggio da 0 a 9 punti. E un aumento di due punti, hanno osservato gli scienziati, è risultato associato a una riduzione del rischio di morte del 21%. Considerando tre livelli, il gruppo con i punteggi maggiori (6-9), quello cioè che segue più rigorosamente i dettami della dieta mediterranea, ha mostrato un rischio di morte più basso rispetto a chi si era discostato maggiormente dal regime alimentare 'all'italiana' totalizzando i punteggi più bassi (0-3). "Abbiamo scoperto - spiega de Gaetano - che tra le persone con un'adesione più alta alla dieta mediterranea la mortalità per qualsiasi causa è stata ridotta del 37% rispetto a chi invece ha rispettato poco i principi di questo stile alimentare". Lo studio, dunque, conferma il potere protettivo della dieta mediterranea. "Solo che stavolta non parliamo di prevenzione primaria, ma secondaria", dice lo scienziato, per pazienti già colpiti al cuore. Ma qual è il segreto, la carta vincente dell'"Italian style" nel piatto? I ricercatori hanno approfondito la loro indagine, guardando al ruolo svolto dai singoli ingredienti che compongono la dieta mediterranea. "Il maggior contributo alla riduzione del rischio di mortalità è stato dato da un più alto consumo di verdure, pesce, frutta, noci e acidi grassi monoinsaturi, che significa olio di oliva", elenca Bonaccio. Questi risultati, continua de Gaetano, "ci spingono ad approfondire il meccanismo attraverso cui la dieta mediterranea può proteggere dal rischio di morte. Ci sono diverse ipotesi. Gli alimenti che come conferma il nostro studio contribuiscono di più

sono caratterizzati dai polifenoli, sostanze che danno il colore a frutta e verdura, ma soprattutto hanno un effetto antinfiammatorio e antiossidante e possono favorire la salute proprio riducendo infiammazione e ossidazione dei lipidi, meccanismi che portano al deterioramento dei tessuti, e alla morte". Molto c'è ancora da indagare, ma "i Paesi mediterranei, rispetto per esempio al Nord Europa, sembrano godere di un beneficio diffuso che mostra un gradiente geografico", dice de Gaetano. E l'Italia, culla della dieta mediterranea, potrebbe essere avvantaggiata. "Potrebbe - precisa - Ma purtroppo oggi le cose sono un po' cambiate. La dieta mediterranea che nasce come la dieta del contadino povero che non si poteva permettere la carne e doveva usare l'olio invece del burro è diventata quasi un privilegio per classi benestanti che possono permettersi di comprare a caro prezzo la verdura e la frutta più fresche e genuine. Mentre è diventato difficile seguirla per molte famiglie con disponibilità economiche ridotte ancora di più dalla crisi e in cui spesso le mamme lavorano fino a tardi e sono costrette a cucinare in velocità". Questi aspetti il team di ricercatori italiani li approfondirà nei prossimi mesi per capire se i benefici della dieta mediterranea si distribuiscono equamente sulla popolazione. Intanto però de Gaetano lancia un appello affinché "si riducano le disuguaglianze a tavola con politiche ad hoc che orientino i consumatori verso i cibi sani, mettendoli alla portata di chiunque indipendentemente da cultura e reddito. Sono stanco di dire che la dieta mediterranea fa bene. Ora bisogna che faccia bene a tutti".

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