

# Re: Homocysteine lowering and cardiovascular events

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- *From:* William Wagner <~~not-to-here-williamwag@xxxxxxxx~~>
  - *Date:* Tue, 20 Jun 2006 12:38:29 -0400
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In article <4fqhmf1jmsniU1@xxxxxxxxxxxxxxxx>, "Juhana Harju" <shantigiriorama@xxxxxxxx> wrote:

Jim Chinnis wrote:

: "Juhana Harju" <shantigiriorama@xxxxxxxx> wrote in part:

:: Jim Chinnis wrote:

::: David Rind <drind@xxxxxxxxxxxxxxxxxxxxxxxx> wrote in part:

::: GaryG wrote:

:::

::: Interesting...but I'd prefer to see a study among people who had

::: not previously had an MI.

:::

::: Okay, you might take a look at the HOPE2 trial in the same issue of

::: the NEJM.

:::

::: Yep. Treatment of high homocysteine with B-vitamins isn't looking

::: good. Homocysteine looks more and more like a marker.

:::

::: The question is not settled yet. I recall that there are some

::: ongoing trials investigating if lowering homocysteine by betaine

::: would also lower heart disease incidence and mortality.

:::

: I agree that the wider question of whether any method of lowering

: homocysteine produces a reduction in heart events (due to homocysteine

: lowering per se) isn't yet answered. But I would guess that

: homocysteine lowering per se by any approach will ultimately be shown

: worthless, based on the available data.

Perhaps. Anyway, it is nice to see that there are still some sane people posting to this group (no irony here).

Aside... Found Juhana's tip concerning Spelt wonderful. A grain very nutty and a good side dish. Think rice and walnut . Yummy!  
I treat it like rice.

Bill

Re: Homocysteine lowering and cardiovascular events

Our only cat lies on the floor.  
Same place each day when it is hot.  
Wonders what is going on outside.  
But knows what is going on here.

—

S Jersey USA Zone 5 Shade

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