

Re: Cheese

Source: <http://sci.tech-archive.net/Archive/sci.med.cardiology/2006-08/msg00388.html>

- *From:* "Juhana Harju" <shantigiriorama@xxxxxxxxxx>
 - *Date:* Sun, 27 Aug 2006 11:28:56 +0300
-

Juhana Harju wrote:

: Jim Chinnis wrote:

:: The problem is that disease and mortality are caused by a complex
:: chain. Certain nutrients may have some documented "bad" effects (such
:: as increased LDL) yet improve health and longevity on the whole.

::

:: We don't know as much as you think we do when it comes to actual
:: morbidity and mortality.

:

: I understand you reasoning. As there are *numerous* metabolic ways
: saturated fats have been found to be harmful it is very likely that
: the overall effect is also detrimental. In addition, there is the
: epidemiological evidence and many feeding studies.

:

: However, I am willing to admit that there is an possibility that for
: some subgroups increasing saturated fats *might* be beneficial, e.g.
: some elderly people, as high serum cholesterol is protecting in very
: old age.

Even in old age higher monounsaturated fat intake is associated with
increased survival.

Exp Gerontol. 2005 Apr;40(4):335-43.

Unsaturated fatty acids intake and all-causes mortality: a 8.5-year
follow-up of the Italian Longitudinal Study on Aging.

Solfrizzi V, D'Introno A, Colacicco AM, Capurso C, Palasciano R, Capurso S,
Torres F, Capurso A, Panza F.

Department of Geriatrics, Center for Lipoprotein Metabolism, University of
Bari Policlinico, Piazza G. Cesare, 11-70124 Bari, Italy.

Recent evidence suggested a protective role of dietary monounsaturated fatty
acids (MUFA) and polyunsaturated fatty acids (PUFA) intakes against several
chronic diseases and, therefore, an increased human longevity. After a
median follow-up of 8.5 years, we investigated the possible role of MUFA,
PUFA, and other selected food groups in protecting against all-causes
mortality in a population-based, prospective study, conducted in one of the
eight centers of the Italian Longitudinal Study on Aging (ILSA),
Casamassima, Bari, Italy. Out of 704 elderly subjects (65-84 years), 278
nondemented persons agreed to participate at the first survey (1992-1993).

Re: Cheese

During the follow-up, there were 91 deaths. A semi-quantitative food frequency questionnaire evaluating macronutrient daily intakes were performed at the first survey. Higher MUFA intake was associated with an increase of survival (hazard ratio 0.81, 95% CI 0.66–0.99), a higher unsaturated fatty acids (UFA) to SFA ratio (hazard ratio 1.20, 95% CI 0.99–1.45) increased total mortality only marginally, while no effect about other selected food groups were found. In conclusion, in this prospective study on older nondemented subjects with a typical Mediterranean diet, a higher MUFA intake increased survival, while a higher UFA/SFA ratio increased total mortality, but only marginally. PMID: 15820615

<http://tinyurl.com/loa8c>

--

Juhana

"All facts are theory-laden"
– Paul Feyerabend

.