

# Re: Low-Fat Diet Study: The Experts Speak Out

---

*Source:* <http://sci.tech-archive.net/Archive/sci.med.nutrition/2006-02/msg00115.html>

---

- *From:* "Joe the Aroma" <[schizam2001@xxxxxxxxxx](mailto:schizam2001@xxxxxxxxxx)>
  - *Date:* Wed, 8 Feb 2006 11:50:17 -0500
- 

"TC" <[tunderbar@xxxxxxxxxxxx](mailto:tunderbar@xxxxxxxxxxxx)> wrote in message  
[news:1139415697.071018.49290@xx](mailto:news:1139415697.071018.49290@xx)  
<http://www.abcnews.go.com/Health/story?id=1590421>

Feb. 7, 2006 – In e-mails and phone interviews that ABC News conducted with more than 50 specialists in heart disease, cancer and nutrition, questions were raised about the limitations of a new study of low-fat diets by the Women's Health Initiative. The study said that a low-fat diet didn't reduce the risk of heart disease and cancer in postmenopausal women, at least over an eight-year period.

Here's what the experts had to say:

"This does not mean that diet does not influence breast cancer risk, but it does mean that making a change in your diet to reduce your risk of developing breast cancer is unlikely to be successful. If diet does play a role, it may well be the food that you eat when you are 10, 15, 20, 25 ... that is important, not what you eat at age 50 plus." – Dr. Eric Winer, director, Breast Cancer Oncology Center, Dana-Farber Cancer Institute

"Eight years for cancer prevention is not sufficient. It takes up to 30 years of smoking to cause cancer. How do you expect eight years of a little better food to prevent breast or other cancers?" – Dr. Stefan Glück, director, Breast Cancer Institute, University of Miami

"Should these results lead to any changes in public health recommendations? Absolutely not. Remember, the dietary goals of this study were not entirely reached, and there is enough reason to continue with research studies that would tighten up the weaknesses and then see the results." – Keith-Thomas Ayoob, nutrition and pediatrics professor, Albert Einstein College of Medicine

"We have known all this for a long time, which is why this extremely expensive diet trial part of the Women's Health Initiative failed scientific peer review when it was proposed, and only was funded by political intervention by Congress. It never had much scientific merit because it was not testing a good diet." – Dr. Meir Stampfer, chair,

## Re: Low-Fat Diet Study: The Experts Speak Out

epidemiology department, Harvard School of Public Health

"These results are consistent with the understanding that the balance between fat, carbohydrate and protein is not the most important factor determining heart disease risk. Bottom line: Low-fat diets are not necessarily more healthy. However, a Mediterranean diet rich in certain vegetable oils and fish is likely beneficial." – Dr. Steven E. Nissen, vice chairman, department of cardiology, Cleveland Clinic Foundation

"[This information] raises interesting questions but doubt that it will lead to significant changes in current recommendations. The advice to restrict saturated and trans fats will continue. Approaches to cancer screening will remain unchanged." –Dr. Greg Anderson, primary care physician, Mayo Clinic

"My reaction is mostly 'too little change in fat intake for too little time.' The actual difference was only 8–10 percentage points, and for only eight years. Colon cancer, for example, is a 20–30 year disease – why would we think that such a small intervention for such a short time would have an effect?" –Dr. Thomas L. Schwenk, primary care physician, University of Michigan

"No surprises. Eight years of follow-up is too short a time to show an effect. Let's wait for 15–30 years of follow-up before we judge significance." – Dr. Michael Fine, physician in chief, department of family medicine, Rhode Island Hospital

\*\*\*\*\*

Who are these guys?

Keith Ayoob, Ed.D., R.D., F.A.D.A., Spokesman for the American Dietetic Association; Associate Professor of Pediatrics, Albert Einstein College of Medicine, Bronx, NY. Scientific advisor to Kidnetic.com, which is funded through the International Food Information Council Foundation (IFIC) by Coca-Cola, Hershey Foods Corporation, H.J. Heinz Foundation, Keebler Company, Kellogg Company, Kraft Foods, Masterfoods USA, McDonald's, the National Confectioners Association, Procter & Gamble, PepsiCo., Sara Lee Corporation, and the Snack Food Association.

(<http://www.kidnetic.com/home/kidneticinfo.html>; accessed 11/12/03)

Member of the expert advisory board for the American Council for Fitness and Nutrition. (<http://www.acfn.org/about/advisory.html>; accessed 11/12/03) Referenced as a Bally Total Fitness expert in an article on weight-loss strategies.

([http://www.ballyfitness.com/rapid\\_results/expert\\_advice/articles/articleDyn.asp?article=16](http://www.ballyfitness.com/rapid_results/expert_advice/articles/articleDyn.asp?article=16); accessed 11/12/03)

Meir Stampfer, M.D., Dr.P.H., Department of Epidemiology, Harvard

Re: Low-Fat Diet Study: The Experts Speak Out

## Re: Low-Fat Diet Study: The Experts Speak Out

School of Public Health, Boston, MA. According to the Wall Street Journal, Stampfer "is the star of a new Anheuser move to publicize the health benefits of beer consumption." (Kevin Helliker, Sarah Ellison, "Anheuser Wants World to Know Beer Is Healthy," Wall Street Journal, Dec. 9, 2005, p.B1) "Except for travel expenses, Dr. Stampfer says he receives no money for speaking at Anheuser functions." (Helliker, Ellison, 12/9/05) "In the past two year Anheuser has donated \$150,000 in doctoral-student scholarship funds to the Harvard School of Public Health," where Stampfer teaches. (Helliker, Ellison, 12/9/05) "One of industry's six scientific expert witnesses, [Dr. Stampfer] was paid by Verizon Wireless to write the Food and Drug Administration and . . . bring to the agency's attention epidemiology studies that had been conducted to date . . . [H]as been paid \$80,000 to date by the cellular industry for help with the Newman Case [the \$800 million lawsuit brought by Christopher Newman against Motorola Inc., wireless service providers, and the Cellular Telecommunications and Internet Association]." (RCR Wireless News, 03/04/02, p. 1)

Steven E. Nissen, M.D., F.A.C.C., Medical Director, Cardiovascular Coordinating Center, Cleveland Clinic, Cleveland. Principal investigator on "Statin Therapy, LDL Cholesterol, C-Reactive Protein, and Coronary Artery Disease," which was funded by Pfizer. Served as a consultant to AstraZeneca, Atherogenics, Lipid Sciences, Wyeth, Novartis, Pfizer, Sankyo, Takeda, Kowa, Sanofi, Novo-Nordisk, Eli Lilly, Kos Pharmaceuticals, GlaxoSmithKline, Forbes Medi-tech, and Merck-Schering Plough. Served as a lecturer for AstraZeneca and Pfizer, and receives funding from AstraZeneca, Takeda, Sankyo, Pfizer, Atherogenics, and Lipid Sciences for ongoing clinical trials. (N Engl J Med. 2005;352:29-38.) Research on lipid-lowering therapy on progression of coronary atherosclerosis through the use of statins Pravachol (pravastatin) and Lipitor (atorvastatin) funded by Pfizer. Research support from AstraZeneca, Merck-Schering Plough, Esperion Therapeutics, Takeda, Pfizer, and Sankyo. (JAMA. 2004;291:1071-80) Principal investigator on the CAMELOT study of amlodipine (Norvasc) vs. enalapril for hypertension, which was funded by Pfizer. (JAMA. 2004;292:2217-26.) Consultant or research support from Pfizer, Merck, AstraZeneca, Sankyo, Takeda Pharmaceuticals North America, Guidant, Aventis, Fournier, Boston Scientific, Pharmacyclics, Celltech, and Esperion. (<http://www.lipidhealth.org/content/newsletter/vol6no4/pg3.asp>; accessed 3/23/05)

Interesting to see their spin compared directly to non-industry-whores opinions.

TC

I'm dizzy.

.