

Mediterranean diet linked to lower left ventricular mass

February 2 2015



(HealthDay)—Greater adherence to a Mediterranean-style diet (DT) is tied to a decreased left ventricular (LV) mass, according to a study published in the Feb. 15 issue of *The American Journal of Cardiology*.

Hannah Gardener, Sc.D., from the University of Miami Miller School of Medicine, assessed diet and LV mass (using echocardiography) in 1,937 participants of the Northern Manhattan Study (mean age, 67 years; 39 percent male; 58 percent Hispanic, 20 percent white, 20 percent black). DT adherence was scored.

The researchers observed an inverse association between the DT score and LV mass. LV mass was 1.98 g lesser for each 1-point greater DT score, after controlling for demographics, [behavioral risk factors](#), diabetes, and blood pressure variables. For those with scores of 6 to 9,

average LV mass was 7.30 g less than those with scores of 0 to 5. When adjusting for [body mass index](#) this association was weakened, but remained statistically significant.

"In conclusion, greater [adherence](#) to a DT is associated with decreased LV mass, an important risk factor for cardiovascular disease, and this association may be partly mediated by obesity," the authors write.

More information: [Abstract](#)
[Full Text \(subscription or payment may be required\)](#)

Copyright © 2015 [HealthDay](#). All rights reserved.

Citation: Mediterranean diet linked to lower left ventricular mass (2015, February 2) retrieved 27 April 2024 from
<https://medicalxpress.com/news/2015-02-mediterranean-diet-linked-left-ventricular.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--