



Cardiovascular Disease:

Diet, nutrition and emerging risk factors

Bibliographical Information:

Authors:

Sara Stanner

Publication Statement:

London: Published by Blackwell Publishing for the British Nutrition Foundation, 2019.- 2nd Edition

ISBN:

9781118829912

Call Number in Library:

WG120.S7872c 2019

Abstract:

A COMPREHENSIVE, ACCESSIBLE DISCUSSION OF THE LATEST RESEARCH IN HEART DISEASE RISK FACTORS

Cardiovascular disease (CVD) is a major cause of early death and disability across the world. The major markers of risk—including high blood cholesterol, smoking, and obesity—are well known, but studies show that such markers do not account for all cardiovascular risk. Written by a team of renowned experts in the field, this comprehensive and accessible book examines the evidence for emerging and novel risk factors, and their relationship with diet and nutrition.

Fully updated throughout, *Cardiovascular Disease: Diet, Nutrition and Emerging Risk Factors, Second Edition* covers everything from the epidemiology of CVD, to genetic factors, to inflammation and much



more—offering invaluable advice on reducing risk factors and preventing CVD. This new edition:

-) **Authoritatively reports on the link between emerging aspects of diet, lifestyle and CVD risk**
- Focuses on novel risk factors of CVD, including the human gut microbiome and fetal and childhood origins, and how the condition can be prevented**
-) **Features recommendations for interventions and future research**
-) **Includes references, commonly asked questions that summarise the take-home messages, and an online glossary**

Cardiovascular Disease: Diet, Nutrition and Emerging Risk Factors, Second Edition is an important book for researchers and postgraduate students in nutrition, dietetics, food science, and medicine, as well as for cardiologists and cardiovascular specialists.

About the Author

PROFESSOR KEITH N. FRAYN is Emeritus Professor of Human Metabolism at the University of Oxford. He has published extensively in the area of metabolic regulation, including the textbook Human Metabolism: A Regulatory Perspective.

SARA STANNER is Science Director at the British Nutrition Foundation (BNF). She edited the first edition of Cardiovascular Disease: Diet, Nutrition and Emerging Risk Factors and other BNF Task Force books.

SARAH COE is a Nutrition Scientist at the British Nutrition Foundation (BNF). She is Technical Editor and Secretariat of this BNF Task Force report.



Table of Contents:

Foreword	vii
List of Common Abbreviations	ix
About the Companion Website	xi
Terms of Reference	xiii
Task Force Membership	xv
1 The Aetiology and Epidemiology of Cardiovascular Disease <i>Professor Keith N. Frayn and Sara Stanner</i>	1
2 The Fetal and Childhood Origins of Cardiometabolic Disease <i>Professor Caroline Fall</i>	29
3 Obesity, Metabolic Syndrome and Type 2 Diabetes <i>Professor Keith N. Frayn, Dr Stacey Lockyer, and Sara Stanner</i>	49
4 Lipid-Related Factors <i>Professor Leanne Hodson</i>	75
5 Inflammation-Related Factors <i>Professor Parveen Yaqoob and Professor Gordon Ferns</i>	99
6 Adipose Tissue-Derived Factors <i>Dr Vidya Mohamed-Ali and Dr Mashaal AlJaber</i>	121
7 Endothelial and Vascular Function <i>Professor Gordon Ferns and Professor Sumantra Ray</i>	153
8 The Haemostatic System: Coagulation, Platelets, and Fibrinolysis <i>Professor Coen Stehouwer</i>	179
9 Oxidative Stress and Cardiovascular Disease <i>Professor Richard Bruckdorfer</i>	213
10 Vitamins and Risk of Cardiovascular Disease <i>Professor Robert Clarke</i>	245

11 Influences of the Human Gut Microbiome <i>Professor Julie Lovegrove and Dr Gemma Walton</i>	271
12 Physical Fitness and Physical Activity: Effects on Risk of Cardiovascular Disease <i>Professor Marie Murphy, Professor Steven N. Blair, and Bridget Benelam</i>	293
13 Diet and Cardiovascular Disease: Where Are We Now? <i>Professor Judith L. Buttriss and Sarah Coe</i>	311
14 Conclusions of the Task Force	367
15 Recommendations of the Task Force	375
16 Cardiovascular Disease: Answers to Common Questions	393
References	415
Index	511