

Mediterranean diet linked to lower left ventricular mass

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(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.

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