

# 3<sup>rd</sup> Annual Congress & Medicare Expo on PRIMARY HEALTHCARE, CLINICAL & MEDICAL CASE REPORTS

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## **Examining the diet-heart hypothesis and current medical approaches to cardiovascular disease**

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In 1970, Ancel Keys published the 'seven countries study', which systematically examined the relationship between lifestyle and cardiovascular disease. Strong associational findings from Key's study forged the way for the first US dietary guidelines in 1980. In a changing tide of opinion, dietary cholesterol has since been agreed and is of no relevance, according to the 2015 US dietary guidelines, and LDL-cholesterol has been shunned as a predictor of cardiovascular disease. Yet, statins, aimed at reducing total and LDL-cholesterol, have revolutionized the way we treat cardiovascular disease, and continue to forge the way for more novel treatments, like the PCSK9 inhibitors. This talk examines the evidence behind the diet-heart hypothesis and leads on to questioning the validity of current approaches to medical therapy.

### **Biography**

Nas Al-Jafari has completed his graduation from The University of Nottingham in 2004. He has a broad range of experience in a variety of specialties, and became a member of The Royal College of General Practitioners in 2009. He has gone to obtain further specialist qualifications, and it is this wide range of clinical experience that has proved invaluable for his holistic and integrative approach to patient care. He has a particular focus on modifying lifestyle factors influencing long-term health and chronic disease. He has brought the same ethos to Abu Dhabi, offering safe and effective care with maximal patient comfort and satisfaction.

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