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Arsenic exposure deaths high decades later

High cholesterol diet changes cells

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Published: June 14, 2007 at 1:45 PM

By DR. TASNEEM BHATIA

UPI Medical Contributor
For years, the routine physical has been a standard of American healthcare. As children, we were reluctantly dragged into pediatricians' office every summer sometime before the first day of school. Most of us continue this tradition into adulthood, scheduling that once-a-year appointment with our physicians.

HIGH CHOLESTEROL DIET CHANGES CELLS

Published: June 14, 2007 at 1:55 PM

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GRANADA, Spain, June 14 (UPI) -- A high [cholesterol](#) diet causes changes in the genes of aortic smooth muscle cells in chickens at the early stages of arteriosclerosis, found a Spanish study.

The study associates cholesterol intake with the expression of genes codifying certain proteins, even before the disease is detected on blood vessel walls, according to researchers at the University of Granada.

A 20-day high cholesterol diet is enough to detect atheromatous plaques in the arteries of chickens. Ten days after the start of the high cholesterol diet -- when atheromatous plaques are not still visible using an electron microscope -- aortic smooth muscle cells were extracted and in-vitro cultured.

After genetic analysis, scientists found cholesterol causes changes in messenger RNA synthesis in proteins related to lipid metabolism control.

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