

ADS BY GLAM



CELEBS FASHION ✓  
PRIZES ✓  
HEALTH ✓  
BEAUTY ✓  
FOOD ✓

SIGN UP FOR GLAM TODAY

## Huliq News

Search

World Business Health Science Technology Recreation Society Arts Sports Travel

Hot Topics: [Barack Obama](#) [John McCain](#)

# Mediterranean diet effective for chronic disease prevention

Scientists of the Instituto de Nutrición y Tecnología de los Alimentos (Institute of Nutrition and Food Technology) of the University of Granada (UGR, Spain) have been doing research into the positive effects of Mediterranean diet's ingredients on health.

**View Related News** Among these works, there is a new research line about pancreatic cancer

cells. Emilio Martínez de Victoria Muñoz, director of the Institute, points out that in the study

'Influence of the ingredients of the Mediterranean diet on a cell line on pancreatic cancer cells' (UGR-Junta de Andalucía) they have manipulated the composition of the cell membrane providing olive oil, fish oil or an antioxidant typical of olive oil, analysing how such cells defend themselves from the aggressions which cause pancreatic alterations".

The objective is to expose olive oil compounds (such as oleic acid) and fruit and vegetable antioxidants to "membranes of a pancreatic cancer cell line in such a way that they become more or less resistant to harmful stimulus which cause diseases such as cancer or pancreatitis".

This way, the research work intends to correlate the composition of cell membranes with more or less resistance to suffering from different types of disease. The conclusions suggest that feeding and changes in membrane composition affect cell function and can therefore influence the prevention of certain diseases.

Preventive feeding

The researchers' hypothesis "starts from considering feeding as a preventive action of the development of chronic diseases, which are the first cause of mortality and morbidity in the world at present: chronic or not contagious diseases such as cardiovascular diseases, cancer, diabetes, hypertension or osteoporosis".

Recent studies of the World Health Organization have pointed out as development factors of chronic diseases (such as obesity, diabetes or cardiovascular diseases) the combination of bad feeding practices, the lack of exercise and unhealthy habits (such tobacco consumption or excessive alcohol).

According to Martínez de Victoria, who pointed it out in one of the courses of the Mediterranean Centres of the UGR in Guadix, "WHO's projection is terrifying, as they have suggested that, in 15 years, the amount of diabetes 2 will double in the world and the incidence of different types of cancer will probably increase".

But the key is to know that, modifying these three life habits, "we can prevent up to 80% of the cardiovascular diseases and 40% of the different types of cancer. The importance of this research lies in it". -Universidad de Granada

### Heart Disease

Top Source Info About Heart Disease Info, Symptoms, Treatments & More  
[HeartDisease.About.com](http://HeartDisease.About.com)

### Shop for Breast Cancer

Each order gives a donation to fight breast cancer.  
[www.TheBreastCancerSite.com](http://www.TheBreastCancerSite.com)

### The Cancer Project

Nutrition and Diet Resource for Cancer Prevention and Survival  
[www.cancerproject.org](http://www.cancerproject.org)

### Robotic prostate surgery

Minimally invasive robotic surgery Saint Joseph's Hospital in Atlanta.  
[www.StJosephsAtlanta.org/](http://www.StJosephsAtlanta.org/)

## Got News?

Publish News On HULIQ, Get Paid  
Citizen Journalists FAQ  
Find Story Leads

ADS BY GLAM



CELEBS FASHION ✓  
PRIZES ✓  
HEALTH ✓  
BEAUTY ✓  
FOOD ✓

SIGN UP FOR GLAM TODAY

## Most Hits

- Blackpool Theatre Presents Yer Space 264
- Shakespeare Theatre Plays Romeo And Juliet 110
- It's getting tougher to trick pre-employment drug tests 104
- Tracking reasons many girls avoid science and math 104
- Production of gold nanorods without the use of cytotoxic additives 95
- Anti-angiogenic drugs impede chemotherapy-stimulated tumor recovery 92
- Calculating how breast cancers will respond to tamoxifen 91

[more](#)



Posted September 8th, 2008 by [harminka](#)

BOOKMARK