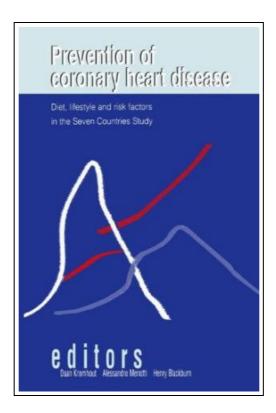
# Prevention of Coronary Heart Disease Diet, Lifestyle and Risk Factors in the Seven Countries Study Developments in Cardiovascular Medicine



Filesize: 3.01 MB

# Reviews

This pdf is indeed gripping and exciting. it was writtern quite completely and valuable. Once you begin to read the book, it is extremely difficult to leave it before concluding. (Kurtis Parisian)

# PREVENTION OF CORONARY HEART DISEASE DIET, LIFESTYLE AND RISK FACTORS IN THE SEVEN COUNTRIES STUDY DEVELOPMENTS IN CARDIOVASCULAR MEDICINE



Springer. Hardcover. Condition: New. 267 pages. Dimensions: 9.4in. x 6.5in. x 1.1in.The Seven Countries Study was the first to establish credible data on incidence and death rates of CHD in contrasting cultures. The study documented population differences in average levels and distributions of coronary risk factors. It also demonstrated large differences in composition of the diet in otherwise similar, stable, rural agricultural or pastoral populations. Diet and cigarette smoking explained most of the differences in population CHD rates, while changes in serum cholesterol and blood pressure levels between entry and 25-year follow-up examinations explained much of the change in CHD death rates. Results of the Seven Countries Study were crucial to the concept of population causes, that is, the mass phenomena involved in the genesis of coronary heart disease, and which influence widespread individual and species susceptibility. Where environments are unfavourable one finds maximal exhibition of coronary risk and a heavy population disease burden. Where favourable, individual (genetic) susceptibility is attenuated. This concept developed from the Seven Countries study design that combined, for the first time, a population and an individual approach. The study was realised trough effective collaboration established among clinicians, epidemiologists and nutritionists from Europe, the U. S. A. , and Japan. Implications: The Seven Countries Study has played a central role in the population strategy of heart disease prevention and health promotion, complementing traditional medical strategies. It contributed to the notion that major risk factors universally predict individual risk. Cultures as well as individuals were found to differ greatly in absolute risk of a coronary event at any level of single or combined risk factors, presumably due to different duration of risk exposure, different gene-environment interactions, and to factors not yet known. Intervention strategy is therefore best determined by absolute risk. Fi

Read Prevention of Coronary Heart Disease Diet, Lifestyle and Risk Factors in the Seven Countries Study Developments in Cardiovascular Medicine Online

Download PDF Prevention of Coronary Heart Disease Diet, Lifestyle and Risk Factors in the Seven Countries Study Developments in Cardiovascular Medicine

# Other Books

PDF

#### Read Write Inc. Phonics: Blue Set 6 Non-Fiction 1 Save the Whale

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 185 x 72 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books... Download eBook »

PDF

#### It's a Little Baby (Main Market Ed.)

Pan Macmillan. Board book. Book Condition: new. BRAND NEW, It's a Little Baby (Main Market Ed.), Julia Donaldson, Rebecca Cobb, It's a Little Baby is a beautiful and engaging book for little ones from Julia... Download eBook »

PDF

#### DK Readers Disasters at Sea Level 3 Reading Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.From fog, ice, and rocks to cannon fire and torpedo attacks--read the story of five doomed sea voyages and the fate... Download eBook »

PDF

### Fox at School: Level 3

Penguin Young Readers Group, United States, 1993. Paperback. Book Condition: New. James Marshall (illustrator). Reissue. 224 x 147 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched... Download eBook »

	$\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ $
PD	)F

#### Taken: Short Stories of Her First Time

Speedy Publishing LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Taken is the intimate and sensually heated account of two...

Download eBook »