



Anti-Inflammatory Effect of the Mediterranean Diet: An Overlooked Beneficial Association

Savvas C Savva

KEYWORDS Prevention Cardiovascular. Disease Arachidonic Acid ω 3 Fatty Acids

ABSTRACT The traditional Cretan diet of the 1960s has served as a prototype for dietary recommendations worldwide. This diet has been associated with the lowest coronary heart disease and cancer mortality rates compared with other Mediterranean diets. Subsequent studies have confirmed the beneficial effect of this diet both in primary and secondary prevention of cardiovascular disease, diabetes and cancer. All these diseases are now recognized as inflammatory processes. Similarly, Mediterranean diet has been proven beneficial in prevention and disease severity in other inflammatory diseases. Evidence suggests that the balanced dietary intake of ω 3/ ω 6 fatty acids as part of the whole Mediterranean dietary pattern account for this beneficial effect.

Author's Address: Savvas C Savva, MD Research and Education Institute of Child Health, 138, Limassol ave, #205 2015 Strovolos, CYPRUS.
Tel: +357 22 510310, Fax: +357 22 510903, E-mail: samar1@cytanet.com.cy