

Lifestyle, Diet & the Heart

Bibliography of One Hundred Key Papers

selected by **Scott M. Grundy, MD, PhD**

*Center for Human Nutrition and Departments of Clinical Nutrition and Internal Medicine -
University of Texas Southwestern Medical Center at Dallas - Dallas - Tex - USA (e-mail: scott.grundy@utsouthwestern.edu)*

-
- | | |
|--|---|
| Albert CM, Hennekens CH, O'Donnell CJ, et al. | <i>Fish consumption and risk of sudden cardiac death.</i>
JAMA. 1998;279:23-28. |
|--|---|
-
- | | |
|---|---|
| Alexander CM, Landsman PB, Teutsch SM, Haffner SM; National Health and Nutrition Examination Survey (NHANES III); National Cholesterol Education Program (NCEP). | <i>NCEP-defined metabolic syndrome, diabetes, and prevalence of coronary heart disease among NHANES III participants age 50 years and older.</i>
Diabetes. 2003;52:1210-1214. |
|---|---|
-
- | | |
|---|---|
| Almendingen K, Jordal O, Kierulf P, Sandstad B, Pedersen JI. | <i>Effects of partially hydrogenated fish oil, partially hydrogenated soybean oil, and butter on serum lipoproteins and Lp[a] in men.</i>
J Lipid Res. 1995;36:1370-1384. |
|---|---|
-
- | | |
|---|---|
| Alpha-Tocopherol, Beta Carotene Cancer Prevention Study Group. | <i>The effect of vitamin E and beta carotene on the incidence of lung cancer and other cancers in male smokers.</i>
N Engl J Med. 1994;330:1029-1035. |
|---|---|
-
- | | |
|--|---|
| American Diabetes Association Task Force for Writing Nutrition Principles and Recommendations for the Management of Diabetes and Related Complications. | <i>American Diabetes Association position statement: evidence-based nutrition principles and recommendations for the treatment and prevention of diabetes and related complications.</i>
J Am Diet Assoc. 2002;102:109-118. |
|--|---|
-
- | | |
|-------------------------------|---|
| Anderson JW, Hanna TJ. | <i>Impact of nondigestible carbohydrates on serum lipoproteins and risk for cardiovascular disease.</i>
J Nutr. 1999;129:1457S-1466S. |
|-------------------------------|---|
-
- | | |
|---------------------|--|
| Anderson JW. | <i>Dietary fibre, complex carbohydrate and coronary artery disease.</i>
Can J Cardiol. 1995;11(suppl G):55G-62G. |
|---------------------|--|
-
- | | |
|---|--|
| Anderson P, Cremona A, Paton A, Turner C, Wallace P. | <i>The risk of alcohol.</i>
Addiction. 1993;88:1493-508. |
|---|--|
-
- | | |
|--|---|
| Appel LJ, Moore TJ, Obarzanek E, et al. | <i>A clinical trial of the effects of dietary patterns on blood pressure.</i>
N Engl J Med. 1997;336:1117-1124. |
|--|---|
-
- | | |
|--|--|
| Aro A, Jauhiainen M, Partanen R, Salminen I, Mutanen M. | <i>Stearic acid, trans-fatty acids, and dairy fat: effects on serum and lipoprotein lipids, apolipoproteins, lipoprotein(a), and lipid transfer proteins in healthy subjects.</i>
Am J Clin Nutr. 1997;65:1419-1426. |
|--|--|
-
- | | |
|--|--|
| Ascherio A, Katan MB, Zock PL, Stampfer MJ, Willett WC. | <i>Trans fatty acids and coronary heart disease.</i>
N Engl J Med. 1999;340:1994-1998. |
|--|--|
-

Bibliography of One Hundred Key Papers

- Ascherio A, Rimm EB, Stampfer MJ, Giovannucci EL, Willett WC.** *Dietary intake of marine n-3 fatty acids, fish intake, and risk of coronary disease among men.* **N Engl J Med.** 1995;332:977-982.
-
- Blot WJ, Li JY, Taylor PR, et al.** *Nutrition intervention trials in Linxian, China: supplementation with specific vitamin/mineral combinations, cancer incidence, and disease-specific mortality in the general population.* **J Natl Cancer Inst.** 1993;85:1483-1492.
-
- Bonanome A, Bennett M, Grundy SM.** *Metabolic effects of dietary stearic acid in mice: changes in the fatty acid composition of triglycerides and phospholipids in various tissues.* **Atherosclerosis.** 1992;94:119-127.
-
- Bonanome A, Grundy SM.** *Effect of dietary stearic acid on plasma cholesterol and lipoprotein levels.* **N Engl J Med.** 1988;318:1244-1248.
-
- Brown L, Rosner B, Willett WW, Sacks FM.** *Cholesterol-lowering effects of dietary fiber: a meta-analysis.* **Am J Clin Nutr.** 1999;69:30-42.
-
- Burr ML, Fehily AM, Gilbert JF, et al.** *Effects of changes in fat, fish and fibre intakes on death and myocardial reinfarction: Diet and Reinfarction Trial (DART).* **Lancet.** 1989;2:757-761.
-
- Caggiula AW, Christakis G, Farrand M, et al, for the MRFIT.** *The Multiple Risk Intervention Trial (MRFIT). IV. Intervention on blood lipids.* **Prev Med.** 1981;10:443-475.
-
- Carroll S, Dudfield M.** *What is the relationship between exercise and metabolic abnormalities? A review of the metabolic syndrome.* **Sports Med.** 2004;34:371-418.
-
- Cater NB, Heller HJ, Denke M.** *Comparison of the effects of medium-chain triacylglycerols, palm oil, and high oleic acid sunflower oil on plasma triacylglycerol fatty acids and lipid and lipoprotein concentrations in humans.* **Am J Clin Nutr.** 1997;65:41-45.
-
- Chobanian AV, Bakris GL, Black HR, et al; National Heart, Lung, and Blood Institute Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure; National High Blood Pressure Education Program Coordinating Committee.** *The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure: the JNC 7 report.* **JAMA.** 2003;289:2560-2572.
-
- Criqui MH.** *Alcohol and coronary heart disease: consistent relationship and public health implications.* **Clin Chim Acta.** 1996;246:51-57.
-
- Daviglus ML, Stamler J, Orenca AJ, et al.** *Fish consumption and the 30-year risk of fatal myocardial infarction.* **N Engl J Med.** 1997;336:1046-1053.
-
- De Backer G, Ambrosioni E, Borch-Johnsen K, et al; Third Joint Task Force of European and Other Societies on Cardiovascular Disease Prevention in Clinical Practice.** *European guidelines on cardiovascular disease prevention in clinical practice. Third Joint Task Force of European and Other Societies on Cardiovascular Disease Prevention in Clinical Practice.* **Eur Heart J.** 2003;24:1601-1610.
-



-
- de Lorgeril M, Salen P, Martin JL, Monjaud I, Delaye J, Mamelle N.** *Mediterranean diet, traditional risk factors, and the rate of cardiovascular complications after myocardial infarction: final report of the Lyon Diet Heart Study.*
Circulation. 1999;99:779-785.
-
- Denke MA, Grundy SM.** *Comparison of effects of lauric acid and palmitic acid on plasma lipids and lipoproteins.*
Am J Clin Nutr. 1992;56:895-898.
-
- Diehl AM.** *Fatty liver, hypertension, and the metabolic syndrome.*
Gut. 2004; 53:923-924.
-
- Dolecek TA, Grandits G.** *Dietary polyunsaturated fatty acids and mortality in the Multiple Risk Factor Intervention Trial (MRFIT).*
World Rev Nutr Diet. 1991;66:205-216.
-
- Dufour MC.** *If you drink alcoholic beverages do so in moderation: what does this mean?*
J Nutr. 2001;131(suppl):552S-561S.
-
- Fletcher GF, Balady G, Blair SN, Blumenthal J, et al.** *Statements on exercise: benefits and recommendations for physical activity programs for all Americans: a statement for health professionals by the Committee on Exercise and Cardiac Rehabilitation of the Council on Clinical Cardiology, American Heart Association.*
Circulation. 1996;94:857-862.
-
- Garg A, Grundy SM, Unger RH.** *Comparison of effects of high and low carbohydrate diets on plasma lipoproteins and insulin sensitivity in patients with mild NIDDM.*
Diabetes. 1992;41:1278-1285.
-
- Garg A.** *High-monounsaturated-fat diets for patients with diabetes mellitus: a meta-analysis.*
Am J Clin Nutr. 1998;67(suppl):577S-582S.
-
- Ginsberg HN, Kris-Etherton P, Dennis B, et al, for the Delta Research Group.** *Effects of reducing dietary saturated fatty acids on plasma lipids and lipoproteins in healthy subjects: the Delta Study, Protocol I.*
Arterioscler Thromb Vasc Biol. 1998;18:441-449.
-
- GISSI-Prevenzione Investigators.** *Dietary supplementation with n-3 polyunsaturated fatty acids and vitamin E after myocardial infarction: results of the GISSI-Prevenzione Trial.*
Lancet. 1999;354:447-455.
-
- Gordon DJ.** *Cholesterol and mortality: what can meta-analysis tell us? In: Gallo LL, ed. **Cardiovascular Disease 2: Cellular and Molecular Mechanisms, Prevention, and Treatment.** New York, NY: Plenum Press; 1995:333-340.*
-
- Gordon DJ.** *Cholesterol lowering and total mortality. In: Rifkind BM, ed. **Cholesterol in High-Risk Individuals and Populations.** New York: Marcel Dekker, Inc; 1995:333-348.*
-
- Gordon DJ.** *Cholesterol lowering reduces mortality: the statins. In: Grundy SM, ed. **Cholesterol-Lowering Therapy: Evaluation of Clinical Trial Evidence.** New York, NY: Marcel Dekker Inc; 2000:299-311.*
-

Bibliography of One Hundred Key Papers

- Grundy SM.** *Comparison of monounsaturated fatty acids and carbohydrates for lowering plasma cholesterol.*
N Engl J Med. 1986;314:745-748.
-
- Grundy SM.** *The optimal ratio of fat-to-carbohydrate in the diet.*
Annu Rev Nutr. 1999;19:325-341.
-
- Grundy SM.** *N-3 fatty acids: priority for post-myocardial infarction clinical trials.*
Circulation. 2003;107:1834-1836.
-
- Grundy SM, Barrett-Connor E, Rudel LL, Miettinen T, Spector AA.** *Workshop on the impact of dietary cholesterol on plasma lipoproteins and atherogenesis.*
Arteriosclerosis. 1988;8:95-101.
-
- Grundy SM, Brewer HB Jr, Cleeman JI, Smith SC Jr, Lenfant C; American Heart Association; National Heart, Lung, and Blood Institute.** *Definition of metabolic syndrome: Report of the National Heart, Lung, and Blood Institute/American Heart Association conference on scientific issues related to definition.*
Circulation. 2004;109:433-438.
-
- Grundy SM, Cleeman JI, Merz CN, et al; National Heart, Lung, and Blood Institute; American College of Cardiology Foundation; American Heart Association.** *Implications of recent clinical trials for the National Cholesterol Education Program Adult Treatment Panel III guidelines.*
Circulation. 2004;110:227-239.
-
- Grundy SM, Denke MA.** *Dietary influences on serum lipids and lipoproteins.*
J Lipid Res. 1990;31:1149-1172.
-
- Gylling H, Miettinen TA.** *Cholesterol reduction by different plant stanol mixtures and with variable fat intake.*
Metabolism. 1999;48:575-580.
-
- Gylling H, Miettinen TA.** *Serum cholesterol and cholesterol and lipoprotein metabolism in hypercholesterolaemic NIDDM patients before and during sitostanol ester-margarine treatment.*
Diabetology. 1994;37:773-780.
-
- Gylling H, Radhakrishnan R, Miettinen TA.** *Reduction of serum cholesterol in postmenopausal women with previous myocardial infarction and cholesterol malabsorption induced by dietary sitostanol ester margarine: women and dietary sitostanol.*
Circulation. 1997;96:4226-4231.
-
- Gylling H, Siimes MA, Miettinen TA.** *Sitostanol ester margarine in dietary treatment of children with familial hypercholesterolemia.*
J Lipid Res. 1995;36:1807-1812.
-
- Hallikainen MA, Uusitupa MI.** *Effects of 2 low-fat stanol ester-containing margarines on serum cholesterol concentrations as part of a low-fat diet in hypercholesterolemic subjects.*
Am J Clin Nutr. 1999;69:403-410.
-
- Heart Outcomes Prevention Evaluation Study Investigators.** *Vitamin E supplementation and cardiovascular events in high-risk patients.*
N Engl J Med. 2000;342:154-160.
-
- Heart Protection Study Collaborative Group.** *MRC/BHF Heart Protection Study of antioxidant vitamin supplementation in 20,536 high-risk individuals: a randomised placebo-controlled trial.*
Lancet. 2002;360:23-33.
-



-
- Hendriks HFJ, Weststrate JA, van Vliet T, Meijer GW.** *Spreads enriched with three different levels of vegetable oil sterols and the degree of cholesterol lowering in normocholesterolaemic and mildly hypercholesterolaemic subjects.*
Eur J Clin Nutr. 1999;53:319-327.
-
- Hennekens CH, Buring JE, Manson JE, et al.** *Lack of effect of long-term supplementation with beta carotene on the incidence of malignant neoplasms and cardiovascular disease.*
N Engl J Med. 1996;334:1145-1149.
-
- Howell WH, McNamara DJ, Tosca MA, Smith BT, Gaines JA.** *Plasma lipid and lipoprotein responses to dietary fat and cholesterol: a meta-analysis.*
Am J Clin Nutr. 1997;65:1747-1764.
-
- Hu FB, Stampfer MJ, Manson JE, et al.** *Dietary saturated fats and their food sources in relation to the risk of coronary heart disease in women.*
Am J Clin Nutr. 1999;70:1001-1008.
-
- Jenkins DJ, Kendall CW, Faulkner D, Vidgen E, Trautwein EA, Parker TL, Marchie A, Koumbridis G, Lapsley KG, Josse RG, Leiter LA, Connelly PW.** *A dietary portfolio approach to cholesterol reduction: combined effects of plant sterols, vegetable proteins, and viscous fibers in hypercholesterolemia.*
Metabolism. 2002;51:1596-604.
-
- Jenkins DJ, Kendall CW, Marchie A, et al.** *Effects of a dietary portfolio of cholesterol-lowering foods vs lovastatin on serum lipids and C-reactive protein.*
JAMA. 2003;290:502-510.
-
- Jenkins DJA, Wolever TMS, Rao AV, et al.** *Effect on blood lipids of very high intakes of fiber in diets low in saturated fat and cholesterol.*
N Engl J Med. 1993;329:21-26.
-
- Judd JT, Baer DJ, Clevidence BA, et al.** *Effects of margarine compared with those of butter on blood lipid profiles related to cardiovascular disease risk factors in normo-lipemic adults fed controlled diets.*
Am J Clin Nutr. 1998;68:768-777.
-
- Judd JT, Clevidence BA, Muesing RA, Wittes J, Sunkin ME, Podczasy JJ.** *Dietary trans fatty acids: effects on plasma lipids and lipoproteins of healthy men and women.*
Am J Clin Nutr. 1994;59:861-868.
-
- Kagan A, Harris BR, Winkelstein W Jr, et al.** *Epidemiologic studies of coronary heart disease and stroke in Japanese men living in Japan, Hawaii, and California: demographic, physical, dietary and biochemical characteristics.*
J Chron Dis. 1974;27:345-364.
-
- Katan MB, Grundy SM, Jones P, Law M, Miettinen T, Paoletti R, Stresa Workshop Participants.** *Efficacy and safety of plant stanols and sterols in the management of blood cholesterol levels.*
Mayo Clin Proc. 2003;78:965-978.
-
- Katan MB, Zock PL, Mensink RP.** *Trans fatty acids and their effects on lipoproteins in humans.*
Ann Rev Nutr. 1995;15:473-493.
-
- Kendall CW, Jenkins DJ.** *A dietary portfolio: maximal reduction of low-density lipoprotein cholesterol with diet.*
Curr Atheroscler Rep. 1998;81:1497-1500.
-

Bibliography of One Hundred Key Papers

- Keys A, Arvanis C, Blackburn H.** *Seven countries: a multivariate analysis of death and coronary heart disease.* Cambridge, Mass: Harvard University Press; 1980;381.
-
- Keys A, Menotti A, Aravanis C, Blackburn H, et al.** *The Seven Countries Study: 2,289 deaths in 15 years.* **Prev Med.** 1984;13:141-154.
-
- Klein S.** *The case of visceral fat: argument for the defense.* **J Clin Invest.** 2004;113:1530-1532.
-
- Knuiman JT, West CE, Katan MB, Hautvast JG.** *Total cholesterol and high density lipoprotein cholesterol levels in populations differing in fat and carbohydrate intake.* **Arteriosclerosis.** 1987;7:612-619.
-
- Krauss RM, Eckel RH, Howard B, et al.** *AHA Dietary Guidelines: revision 2000: a statement for healthcare professionals from the Nutrition Committee of the American Heart Association.* **Circulation.** 2000;102:2284-2299.
-
- Kris-Etherton PM, Harris WS, Appel LJ; American Heart Association.** *Nutrition Committee. Fish consumption, fish oil, omega-3 fatty acids, and cardiovascular disease.* **Circulation.** 2002;106:2747-2757.
-
- Kris-Etherton PM, Pearson TA, Wan Y, Hargrove RL, Moriarty K, Fishell V, Etherton TD.** *High-monounsaturated fatty acid diets lower both plasma cholesterol and triacylglycerol concentrations.* **Am J Clin Nutr.** 1999;70:1009-1015.
-
- Kris-Etherton PM, Yu S.** *Individual fatty acid effects on plasma lipids and lipoproteins: human studies.* **Am J Clin Nutr.** 1997;65(suppl 5):1628S-1644S.
-
- Kromhout D, Menotti A, Bloemberg B, et al.** *Dietary saturated and trans fatty acids and cholesterol and 25-year mortality from coronary heart disease: the Seven Countries Study.* **Prev Med.** 1995;24:308-315.
-
- Lakka HM, Laaksonen DE, Lakka TA, et al.** *The metabolic syndrome and total and cardiovascular disease mortality in middle-aged men.* **JAMA.** 2002;288:2709-2716.
-
- Laughlin MH, McAllister RM, Jasperse JL, Crader SE, Williams DA, Huxley VH.** *Endothelium-mediated control of the coronary circulation. Exercise training-induced vascular adaptations.* **Sports Med.** 1996;22:228-250.
-
- Lichtenstein AH, Ausman LM, Carrasco W, Jenner JL, Ordovas JM, Schaefer EJ.** *Hydrogenation impairs the hypolipidemic effect of corn oil in humans: hydrogenation, trans fatty acids, and plasma lipids.* **Arterioscler Thromb.** 1993;13:154-161.
-
- Lichtenstein AH, Ausman LM, Jalbert SM, Schaefer EJ.** *Effects of different forms of dietary hydrogenated fats on serum lipoprotein cholesterol levels.* **N Engl J Med.** 1999;340:1933-1940.
-
- Lorenzo C, Okoloise M, Williams K, Stern MP, Haffner SM; San Antonio Heart Study.** *The metabolic syndrome as predictor of type 2 diabetes: the San Antonio heart study.* **Diabetes Care.** 2003;26:3153-3159.
-



-
- Mattson FH, Grundy SM.** *Comparison of effects of dietary saturated, monounsaturated, and polyunsaturated fatty acids on plasma lipids and lipoproteins in man.* **J Lipid Res.** 1985;26:194-202.
-
- Mensink RP, Katan MB.** *Effects of monounsaturated fatty acids versus complex carbohydrates on high-density lipoproteins in healthy men and women.* **Lancet.** 1987;1:122-125.
-
- Mensink RP, Katan MB.** *Effects of dietary trans fatty acids on high-density and low-density lipoprotein cholesterol levels in healthy subjects.* **N Engl J Med.** 1990;323:439-445.
-
- Mensink RP, Katan MB.** *Effects of dietary fatty acids on serum lipids and lipoproteins: a meta-analysis of 27 trials.* **Arterioscler Thromb.** 1992;12:911-919.
-
- Miettinen TA, Puska P, Gylling H, Vanhanen H, Vartiainen E.** *Reduction of serum cholesterol with sitostanol-ester margarine in a mildly hypercholesterolemic population.* **N Engl J Med.** 1995;333:1308-1312.
-
- Morris MC, Manson JE, Rosner B, Buring JE, Willett WC, Hennekens CH.** *Fish consumption and cardiovascular disease in the Physicians' Health Study: a prospective study.* **Am J Epidemiol.** 1995;142:166-175.
-
- National Institutes of Health.** *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults-The Evidence Report.* **Obes Res.** 1998;6(suppl 2):51S-209S.
-
- National Research Council.** *Diet and health: implications for reducing chronic disease risk.* Washington, DC: National Academy Press; 1989:171-201.
-
- National Research Council.** *Toxicological effects of methylmercury.* Washington, DC: National Academy Press; 1999.
-
- National Research Council.** *Dietary reference intakes for thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12, pantothenic acid, biotin, and choline.* Washington, DC: National Academy Press; 2000:1-567.
-
- National Research Council.** *Dietary reference intakes for vitamin C, vitamin E, selenium, and carotenoids.* Washington, DC: National Academy Press; 2000:1-509.
-
- Nestle PJ, Noakes M, Belling GB, McArthur R, Clifton PM, Abbey M.** *Plasma cholesterol-lowering potential of edible-oil blends suitable for commercial use.* **Am J Clin Nutr.** 1992;55:46-50.
-
- Nielsen S, Guo Z, Johnson CM, Hensrud DD, Jensen MD.** *Splanchnic lipolysis in human obesity.* **J Clin Invest.** 2004;113:1582-1588.
-
- Niinikoski H, Lapinleimu H, Viikari J, et al.** *Growth until three years of age in a prospective randomized trial of a diet with reduced saturated fat and cholesterol.* **Pediatrics.** 1997;99:687-694.
-
- Ninomiya JK, L'Italien G, Criqui MH, et al.** *Association of the metabolic syndrome with history of myocardial infarction and stroke in the Third National Health and Nutrition Examination Survey.* **Circulation.** 2004;109:42-46.
-

Bibliography of One Hundred Key Papers

- Noakes M, Clifton PM. *Oil blends containing partially hydrogenated or interesterified fats: differential effects on plasma lipids.*
Am J Clin Nutr. 1998;68:242-247.
-
- Obarzanek E, Hunsberger SA, Van Horn L, et al. *Safety of a fat-reduced diet: the Dietary Intervention Study in Children (DISC).*
Pediatrics. 1997;100:51-59.
-
- Olijhoek JK, van der Graaf Y, Banga JD, Algra A, Rabelink TJ, Visseren FL; the SMART Study Group. *The metabolic syndrome is associated with advanced vascular damage in patients with coronary heart disease, stroke, peripheral arterial disease or abdominal aortic aneurysm.*
Eur Heart J. 2004;25:342-348.
-
- Omenn GS, Goodman GE, Thornquist MD, et al. *Effects of a combination of beta carotene and vitamin A on lung cancer and cardiovascular disease.*
N Engl J Med. 1996;334:1150-1155.
-
- Pearson TA, Blair SN, Daniels SR, et al. *AHA Guidelines for Primary Prevention of Cardiovascular Disease and Stroke: 2002 Update: Consensus Panel Guide to Comprehensive Risk Reduction for Adult Patients Without Coronary or Other Atherosclerotic Vascular Diseases. American Heart Association Science Advisory and Coordinating Committee.*
Circulation. 2002;106:388-391.
-
- Pietinen P, Ascherio A, Korhonen P, et al. *Intake of fatty acids and risk of coronary heart disease in a cohort of Finnish men: the Alpha-Tocopherol, Beta-Carotene Cancer Prevention Study.*
Am J Epidemiol. 1997;145:876-887.
-
- Purnell JQ, Kahn SE, Albers JJ, Nevin DN, Brunzell JD, Schwartz RS. *Effect of weight loss with reduction of intra-abdominal fat on lipid metabolism in older men.*
J Clin Endocrinol Metab. 2000;85:977-982.
-
- Ridker PM, Wilson PW, Grundy SM. *Should C-reactive protein be added to metabolic syndrome and to assessment of global cardiovascular risk?*
Circulation. 2004;109:2818-2825.
-
- Rimm EB, Klatsky A, Grobbee D, Stampfer MJ. *Review of moderate alcohol consumption and reduced risk of coronary heart disease: is the effect due to beer, wine or spirits?*
BMJ. 1996;312:731-736.
-
- Rimm EB, Williams P, Fosher K, Criqui M, Stampfer MJ. *Moderate alcohol intake and lower risk of coronary heart disease: meta-analysis of effects on lipids and haemostatic factors.*
BMJ. 1999;319:1523-1528.
-
- Sacks FM, Svetkey LP, Vollmer WM, et al, for the DASH-Sodium Collaborative Research Group. *Effects on blood pressure of reduced dietary sodium and the Dietary Approaches to Stop Hypertension (DASH) diet.*
N Engl J Med. 2001;344:3-10.
-
- Sesso HD. *Alcohol and cardiovascular health: recent findings.*
Am J Cardiovasc Drugs. 2001;1:167-172.
-
- Singh RB, Niaz MA, Sharma JP, Kumar R, Rastogi V, Moshiri M. *Randomized, double-blind, placebo-controlled trial of fish oil and mustard oil in patients with suspected acute myocardial infarction: the Indian Experiment of Infarct survival-4.*
Cardiovasc Drugs Ther. 1997;11:485-491.
-



-
- Stamler J, Briefel RR, Milas C, Grandits GA, Caggiula AW.** *Relation of changes in dietary lipids and weight, trial years 1-6, to change in blood lipids in the special intervention and usual care groups in the Multiple Risk Factor Intervention Trial.* **Am J Clin Nutr.** 1997;65(suppl):272S-288S.
-
- Stephens NG, Parsons A, Schofield PM, Kelly F, Cheeseman K, Mitchinson MJ.** *Randomised controlled trial of vitamin E in patients with coronary disease: Cambridge Heart Antioxidant Study (CHAOS).* **Lancet.** 1996;347:781-786.
-
- Third report of the National Cholesterol Education Program (NCEP) expert panel.** *On detection, evaluation, and treatment of high blood cholesterol in adults (Adult Treatment Panel III). Final Report.* **Circulation.** 2002;106:3143-3421.
-
- Tippett KS, Cleveland LE.** *How current diets stack up: comparison with dietary guidelines. In: America's eating habits: changes and consequences. Washington, DC: United States Department of Agriculture, Economic Research Service; 1999:51-70.*
-
- US Department of Agriculture and US Department of Health and Human Services.** *Nutrition and your health: dietary guidelines for Americans, 5th edition.* **Home and Garden Bulletin no. 232.** Washington, DC: US Department of Agriculture; 2000;44.
-
- US Department of Health and Human Services.** *Physical Activity and Health: A Report of the Surgeon General. Atlanta, Georgia: US Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion; 1996:1-278.*
-
- US Department of Health and Human Services.** *Food and Drug Administration. Food labeling: health claims; soluble fiber from certain foods and coronary heart disease: proposed rule.* **Fed Reg.** 1997;62:28234-28245.
-
- US Department of Health and Human Services.** *Food and Drug Administration. Food labeling: health claims; soluble fiber from certain foods and coronary heart disease: final rule.* **Fed Reg.** 1998;63:8103-8121.
-
- US Department of Health and Human Services.** *Food and Drug Administration. Food labeling: health claims; soy protein and coronary heart disease: proposed rule.* **Fed Reg.** 1998;63:62977-63015.
-
- Vanhanen HT, Blomqvist S, Ehnholm C, et al.** *Serum cholesterol, cholesterol precursors, and plant sterols in hypercholesterolemic subjects with different apoE phenotypes during dietary sitostanol ester treatment.* **J Lipid Res.** 1993;34:1535-1544.
-
- Vuksan V, Sievenpiper JL, Owen R, et al.** *Beneficial effects of viscous dietary fiber from Konjac-mannan in subjects with the insulin resistance syndrome: results of a controlled metabolic trial.* **Diabetes Care.** 2000;23:9-14.
-
- Vuorio AF, Gylling H, Turtola H, Kontula K, Ketonen P, Miettinen TA.** *Stanol ester margarine alone and with simvastatin lowers serum cholesterol in families with familial hypercholesterolemia caused by the FH-North Karelia mutation.* **Arterioscler Thromb Vasc Biol.** 2000;20:500-506.
-

Bibliography of One Hundred Key Papers

- Walden CE, Retzlaff BM, Buck BL, McCann BS, Knopp RH.** *Lipoprotein lipid response to the National Cholesterol Education Program Step II diet by hypercholesterolemic and combined hyperlipidemic women and men.*
Arterioscler Thromb Vasc Biol. 1997;17:375-382.
-
- Walden CE, Retzlaff BM, Buck BL, Wallick S, McCann BS, Knopp RH.** *Differential effect of National Cholesterol Education Program (NCEP) Step II diet on HDL cholesterol, its subfractions, and apoprotein A-I in hypercholesterolemic women and men after 1 year: the beFIT study.*
Arterioscler Thromb Vasc Biol. 2000;20:1580-1587.
-
- Weggemans RM, Zock PL, Katan MB.** *Dietary cholesterol from eggs increases the ratio of total cholesterol to high-density lipoprotein cholesterol in humans: a meta-analysis.*
Am J Clin Nutr. 2001;73:885-891.
-
- West CE, Sullivan DR, Katan MB, Halferkamp IL.** *Boys from populations with high-carbohydrate intake have higher fasting triglyceride levels than boys from populations with high-fat intake.*
Am J Epidemiol. 1990;131:271-282.
-
- Westrate JA, Meijer GW.** *Plant sterol-enriched margarines and reduction of plasma total- and LDL-cholesterol concentrations in normocholesterolaemic and mildly hypercholesterolaemic subjects.*
Eur J Clin Nutr. 1998;52:334-343.
-
- Willett WC, Stampfer MJ, Manson JE, et al.** *Intake of trans fatty acids and risk of coronary heart disease among women.*
Lancet. 1993;341:581-585.
-
- Wilson PW.** *Estimating cardiovascular disease risk and the metabolic syndrome: a Framingham view.*
Endocrinol Metab Clin North Am. 2004; 33:467-481.
-
- Wood R, Kubena K, O'Brien B, Tseng S, Martin G.** *Effect of butter, mono- and polyunsaturated fatty acid-enriched butter, trans fatty acid margarine, and zero trans fatty acid margarine on serum lipids and lipoproteins in healthy men.*
J Lipid Res. 1993;34:1-11.
-
- Wood R, Kubena K, Tseng S, Martin G, Crook R.** *Effect of palm oil, margarine, butter, and sunflower oil on the serum lipids and lipoproteins of normocholesterolemic middle-aged men.*
J Nutr Biochem. 1993;4:286-297.
-
- Zock PL, de Vries JH, Katan MB.** *Impact of myristic acid versus palmitic acid on serum lipid and lipoprotein levels in healthy women and men.*
Arterioscler Thromb. 1994;14:567-575.
-
- Zock PL, Katan MB.** *Hydrogenation alternatives: effects of trans fatty acids and stearic acid versus linoleic acid on serum lipids and lipoproteins in humans.*
J Lipid Res. 1992;33:399-410.
-

Instructions for authors

GENERAL INSTRUCTIONS

- Manuscripts should be provided on word-processor disks (3.5-in, for IBM, IBM-compatible, or Apple computers) with three hard copies (text and figures) printed on one side of standard-sized white bond paper, double-spaced, with 2.5-cm margins. Pages must be numbered. **Standard typed page = 25 lines of 75 characters (including spaces) double-spaced, 2.5-cm margins = a total of 275 words per page.**
- All texts should be submitted in **English**. In the case of translations, the text in the original language should be included.
- On the **title page**, provide **title of manuscript** (title should be concise, not exceeding 120 characters, including spaces), **short running title**, **keywords**, and **acknowledgments**, as well as **full names** (first name, middle name(s), and last name) with **highest academic degrees** (in country-of-origin language), affiliations/address, telephone No., fax No., and E-mail address.
- **Illustrations** (photographs, tables, graphs, figures—high-quality printouts, glossy prints, and/or high-quality scans as jpg files) should be of good quality or professionally prepared, numbered according to their order, with proper orientation indicated (eg, “top,” or “left”), and **SHORT legends** provided, not repetitive of text. As figures and graphs may need to be reduced or enlarged, all absolute values and statistics should be provided. All **illustrations should be cited** in the text, with distinct numbering for figures and tables. Illustrations will be reproduced in full color only when clearly necessary, eg, images from nuclear medicine or histology.
- Include **HEADINGS** using a consistent style for the various levels of headings, to highlight key points and facilitate comprehension of the text. The Publisher reserves the right to add or delete headings when necessary.
- **Abbreviations** should be used sparingly and expanded at first mention.
- Use **Système International** (SI) units.
- Use **generic names of drugs**.
- All **references** should be cited in the text and **numbered consecutively using superscript arabic numerals**. The author-date system of citation is **NOT** acceptable. “In press” references are to be avoided. In the **bibliography**, titles of journals should be **abbreviated according to the Index Medicus**. All authors should be listed up to six; if there are more, only the first three should be listed, followed by “et al” (*Uniform requirements for manuscripts submitted to biomedical journals*: see www.icmje.org). Where necessary, references will be styled to *Dialogues in Cardiovascular Medicine* copyediting requirements. Authors bear total responsibility for the accuracy and completeness of all references and for correct text citation. Example of style for references:
 1. Ouriel K, Geary K, Green RM, Geary JE, DeWeese JA. Factors determining survival after ruptured abdominal aneurysm. *J Vasc Surg*. 1990;11:493-496.
 2. Darling RC, Brewster DC, Ottinger LW. Autopsy study of unoperated abdominal aortic aneurysms: the case for early resection. *Circulation*. 1977;56(suppl II):II161-II164.
 3. Schulman JL. Immunology of influenza. In: Kilbourne ED, Alfade RT, eds. *The Influenza Viruses and Influenza*. Orlando, Fla: Academic Press Inc; 1975:373-393.
- **Copyediting**: all contributions to *Dialogues in Cardiovascular Medicine* will be styled by the Publisher’s editorial department according to the specifications of the current edition of the *American Medical Association Manual of Style*, Williams & Wilkins. Page proofs will be sent to authors for approval and should be returned within 5 days. If this time is exceeded, changes made by the editorial department will be assumed to be accepted by the author. Authors are responsible for all statements made in their work, including changes made by the editorial department and authorized by the author. The Publisher will edit Editorials, Abstracts, and Seminal Paper Summaries to required size if their length does not comply with specific requirements.
- **Copyright** of articles will be transferred to the Publisher of *Dialogues in Cardiovascular Medicine*. For reproduction

of existing work, it is the author’s responsibility to obtain copyright from the author(s) (including self) and the publisher(s) and provide copies of these authorizations with the manuscript.

LEAD ARTICLE

The lead article should not exceed 25 standard typed pages (maximum 8000 words), including an abstract of no more than 200 words, no more than 50 references, and a minimum of 5 - maximum of 10 illustrations (figures and/or tables). A maximum of 5-10 keywords should be included. **The 3 questions for the respondents should be introduced in or after the conclusion**. A separate list of **“10 references of seminal papers”** as well as a separate list of **“100 Key References”** should be provided.

RESPONDENT ARTICLES

Respondent articles should not exceed 25 standard typed pages (maximum 2500 words), including an abstract of no more than 125 words, no more than 10 references, and a minimum of 3 - maximum of 5 illustrations (figures and tables). A maximum of 5-10 keywords should be included.

SEMINAL PAPER SUMMARIES

Seminal paper summaries take up one page of *Dialogues in Cardiovascular Medicine*: the length of each summary should **IMPERATIVELY** be comprised between 500 and 600 words, ie, **not exceed 3000 characters**. Summaries that are too short or too long will be returned to the author or edited by the Publisher. No figures, tables or references should be included in seminal paper summaries.

FASCINOMA CARDIOLOGICA ARTICLES

Fascinoma Cardiologica articles (*A Lexicon of the Heart; Icons of Cardiology; Plants and the Heart; Trails of Discovery, etc*) should not exceed 2000 words (8 standard typed pages), should include 3 to 5 illustrations (figures and tables), and cite no more than 15 references. A maximum of 5-10 keywords should be included. No abstract.