

# THE ROLE OF TRADITIONAL MEDITERRANEAN TYPE OF DIET AND LIFESTYLE, IN THE DEVELOPMENT OF ACUTE CORONARY SYNDROMES: PRELIMINARY RESULTS FROM CARDIO 2000 STUDY

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## **SUMMARY**

*The traditional Mediterranean type of diet is inversely associated with the risk of developing coronary heart disease. Aim of this study is to investigate the relationships between Mediterranean type of diet, various lifestyle factors and their contribution to the risk of developing acute coronary syndromes. During 2000, a case-control study was conducted (CARDIO2000) and food items as well as olive oil consumption were recorded in addition to various cardiovascular risk factors. Based on the estimated risk model we found that the Mediterranean type of diet reduces significantly the risk of developing acute coronary syndromes even in the presence of unfavorable lifestyle situations, such as sedentary life, smoking habit, as well as hypertension, hypercholesterolemia and diabetes mellitus.*

*Key words:* diet, acute coronary syndromes, risk factors

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