

## Uncertainty on Mediterranean-style diet for prevention of cardiovascular disease

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<b>Clinical Question</b>	How effective is a Mediterranean-style diet for the primary and secondary prevention of cardiovascular disease (CVD)?
<b>Bottom Line</b>	Despite the relatively large number of studies included in this review, there is still some uncertainty regarding the effects of a Mediterranean-style diet on clinical endpoints and CVD risk factors for both primary and secondary prevention. A large trial in people at high risk of CVD found a benefit of the Mediterranean dietary intervention compared to a low-fat diet on the risk of having a stroke, but not on heart attacks, death from heart disease or other causes. A further study in people with CVD found a benefit of the Mediterranean dietary intervention on death from heart disease or other causes. Both these two studies were rated as providing low to moderate-quality evidence. There was low to moderate-quality evidence for some beneficial changes in lipid levels and blood pressure in primary prevention, with a small number of studies reporting minimal harms. There was a paucity of evidence for secondary prevention.
<b>Caveat</b>	There are seven studies that are still ongoing. No trials reported on costs or health-related quality of life.
<b>Context</b>	The Seven Countries study in the 1960s showed that populations in the Mediterranean region experienced lower coronary heart disease mortality probably as a result of different dietary patterns. Later observational studies have confirmed the benefits of adherence to a Mediterranean dietary pattern on CVD risk factors but clinical trial evidence is more limited.
<b>Cochrane Systematic Review</b>	Rees K et al. Mediterranean-style diet for the primary and secondary prevention of cardiovascular disease. Cochrane Reviews, 2019, Issue 3. Art. No.: CD009825. DOI:10.1002/14651858.CD009825.pub3. This review contains 30 studies involving 12,461 participants.

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Systematic review link:

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD009825.pub3/full>