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Richard M. Fleming, PhD, MD, JD; Matthew R. Fleming, BS, NRP; Tapan K. Chaudhuri, MD

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Diets, Inflammation and Heart Disease – From 20/20 to 2020.

Comparisons of recent publications by Zhong [1], Rubin [2], and Johnston [3] would suggest that our current understanding – surrounding the impact of diets and heart disease – has left us with little more than a food fight [4].

It is well established that cholesterol plays an important role in the development of the inflammatory tissue process known as coronary artery disease [5,6]. It is incorrect to say that coronary artery disease is an inflammatory process and that cholesterol is unimportant – as cholesterol is defined as one of the contributing factors to the inflammatory process described in the “Inflammation and Heart Disease” theory itself [5,6].

Measurement of changes in inter alia weight, cholesterol, CRP, fibrinogen, and homocysteine, alone without measurement of the actual tissue impact – viz. coronary artery disease – provides limited information about the effect of either diet or drug treatments.

While some initial investigations into the measurable impact various diets have on coronary artery disease exist, the results to date have been semi-quantitative and need further absolute quantification [7] to provide accurate, consistent and reproducible results.

More than 20-years after the introduction of the “Inflammation and Heart Disease” Theory, we have yet to conduct the research needed to understand the changes occurring in tissue of the coronary arteries following specific dietary practices.

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