SATURATED FAT IS A MAJOR ISSUE and is part of the Inflammatory process we call Coronary Artery Disease. Re: Saturated fat is not the major issue

Re: Saturated fat is not the major issue **Aseem Malhotra.** 347:doi **10.1136/bmj.f6340**

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In the mid-1990s, as one of the reviewers for the American Heart Association, the first author introduced a then controversial theory stating that Coronary Artery Disease (CAD) is the result of an inflammatory process which impairs the ability of the coronary arteries to dilate and increase coronary blood flow when needed, thus producing regional blood flow differences resulting in angina [1-3].

In recent years, individuals promoting various dietary and lifestyle changes – particularly those promoting LowCarb-Keto diets have focused on obesity. They justify this dietary approach by showing potential weight loss, and showing reductions in cholesterol levels – or when that fails – stating that cholesterol and saturated fat are myths and not responsible for inflammatory coronary artery disease [4].

This claim - that saturated fat and cholesterol are not responsible for the development of inflammatory CAD - cannot be taken seriously, and completely ignores the fact that the Inflammation and Heart Disease Theory itself, includes and explains the impact cholesterol and saturated fat have on this inflammatory process [3,5]. Such claims introduce yet another misconception regarding the frequently misunderstood process of "clogging of the arteries" as the narrowing of the coronary lumen so frequently referred to, is actually a late process in the inflammatory change of CAD [6-12].

Further work has also demonstrated that the relationship between weight loss, changes in lipids and other blood tests, do not correlate well [13] with actual tissue changes – viz. CAD – thereby limiting the discussion and emphasizing the need for quantitative measurements [14, 15] of the impact of LowCarb-Keto, and other diets, before physicians and others, can claim health benefits from these or other diets [16,17].

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Competing interests: FMTVDM issues to first author. First author developed the Inflammation and Heart Disease Theory.