

A photograph of a group of people seated around a wooden dining table. Several wine glasses filled with white wine are visible, along with white plates and a small bowl of food. The scene is dimly lit, and the image has a soft, slightly blurred quality. Overlaid on the center of the image is white text.

Audiência Pública – Comissão de Saúde

Vinho : um elemento de longevidade
Profa. Dra. Caroline Dani

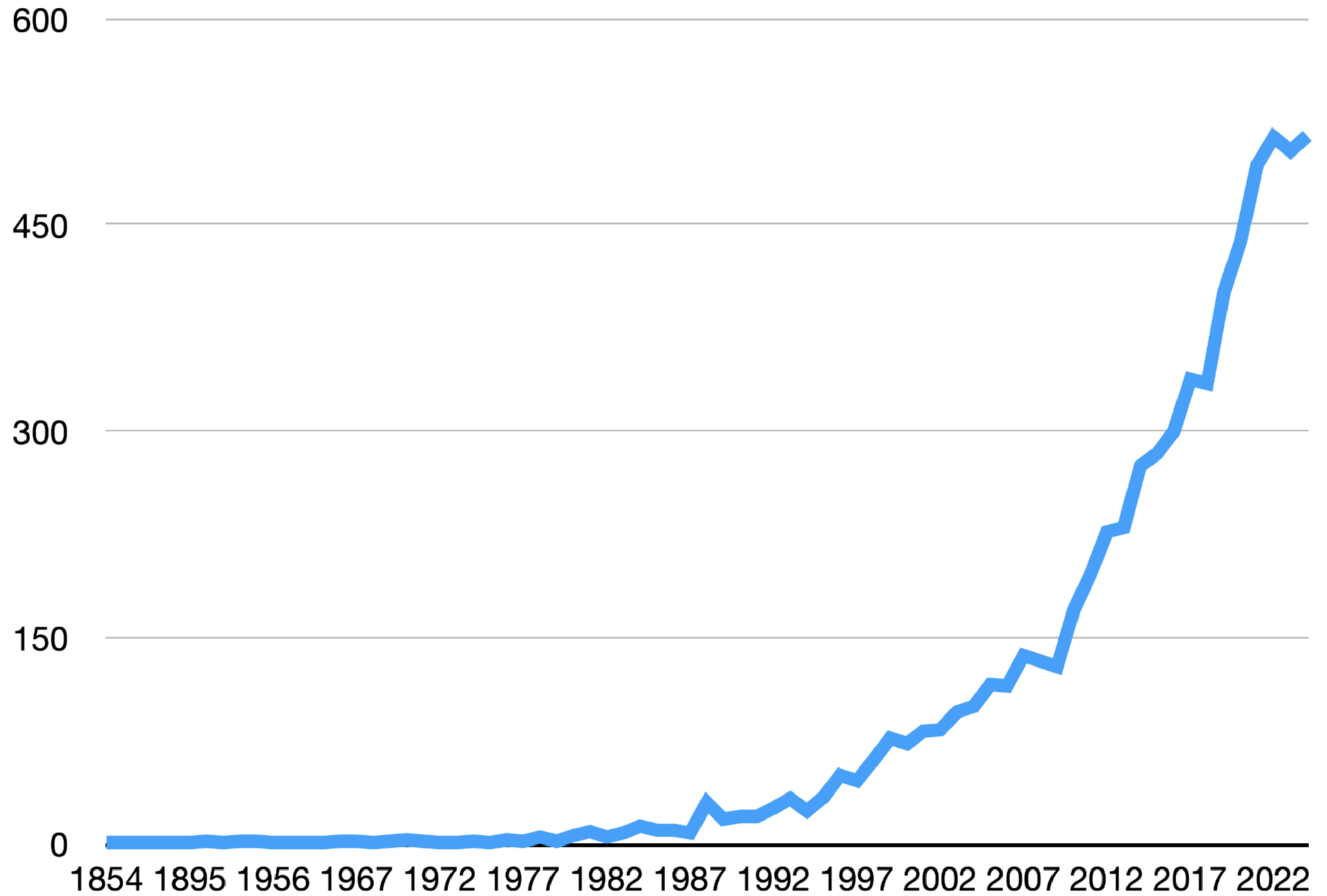


FORMAÇÃO



ATUAÇÃO





VINHO

PARADOXO FRANCES (Renaud e colaboradores, 1992)

THE FRENCH PARADOX: LESSONS FOR OTHER COUNTRIES

Coronary disease

Jean Ferrières

107

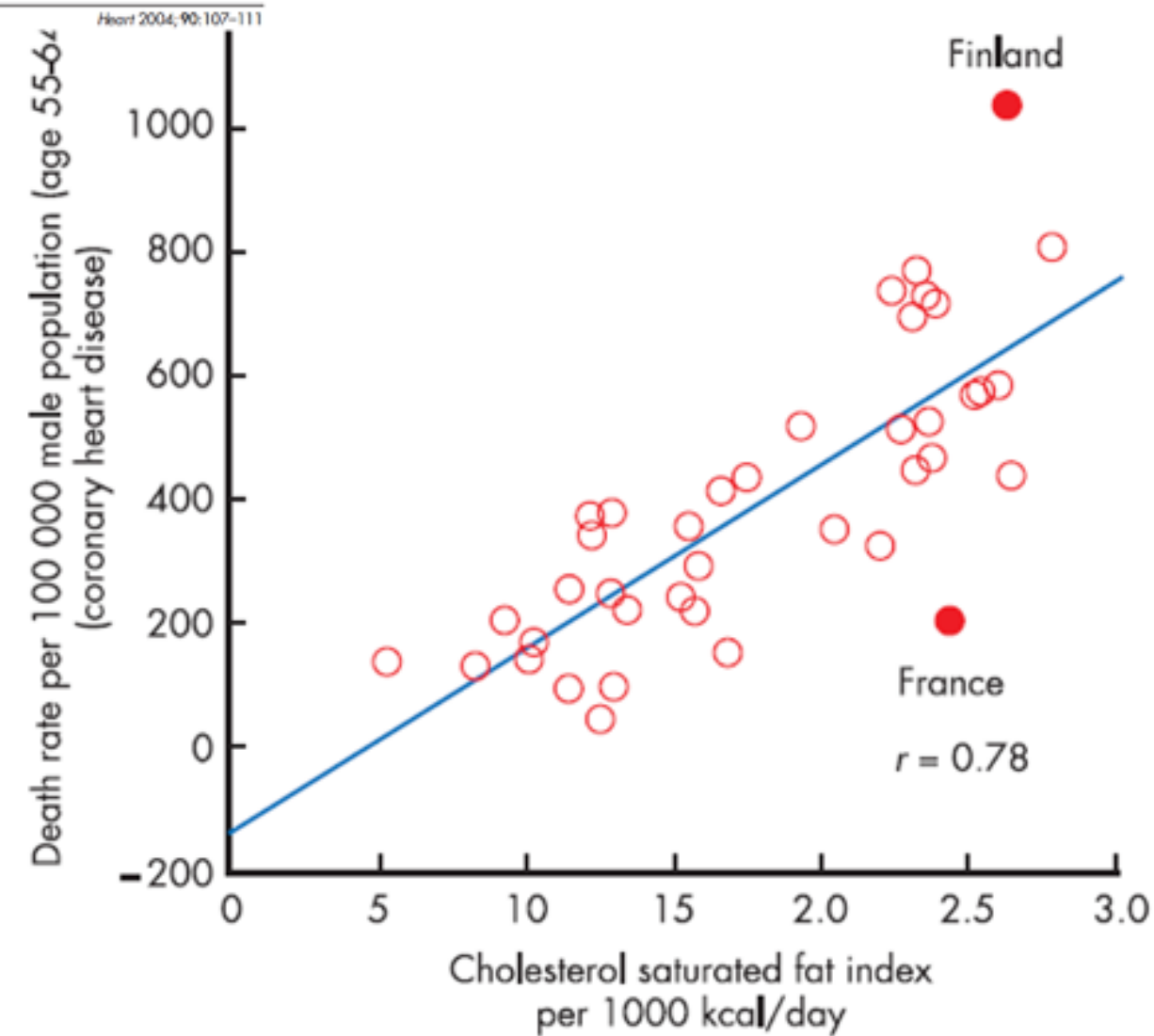


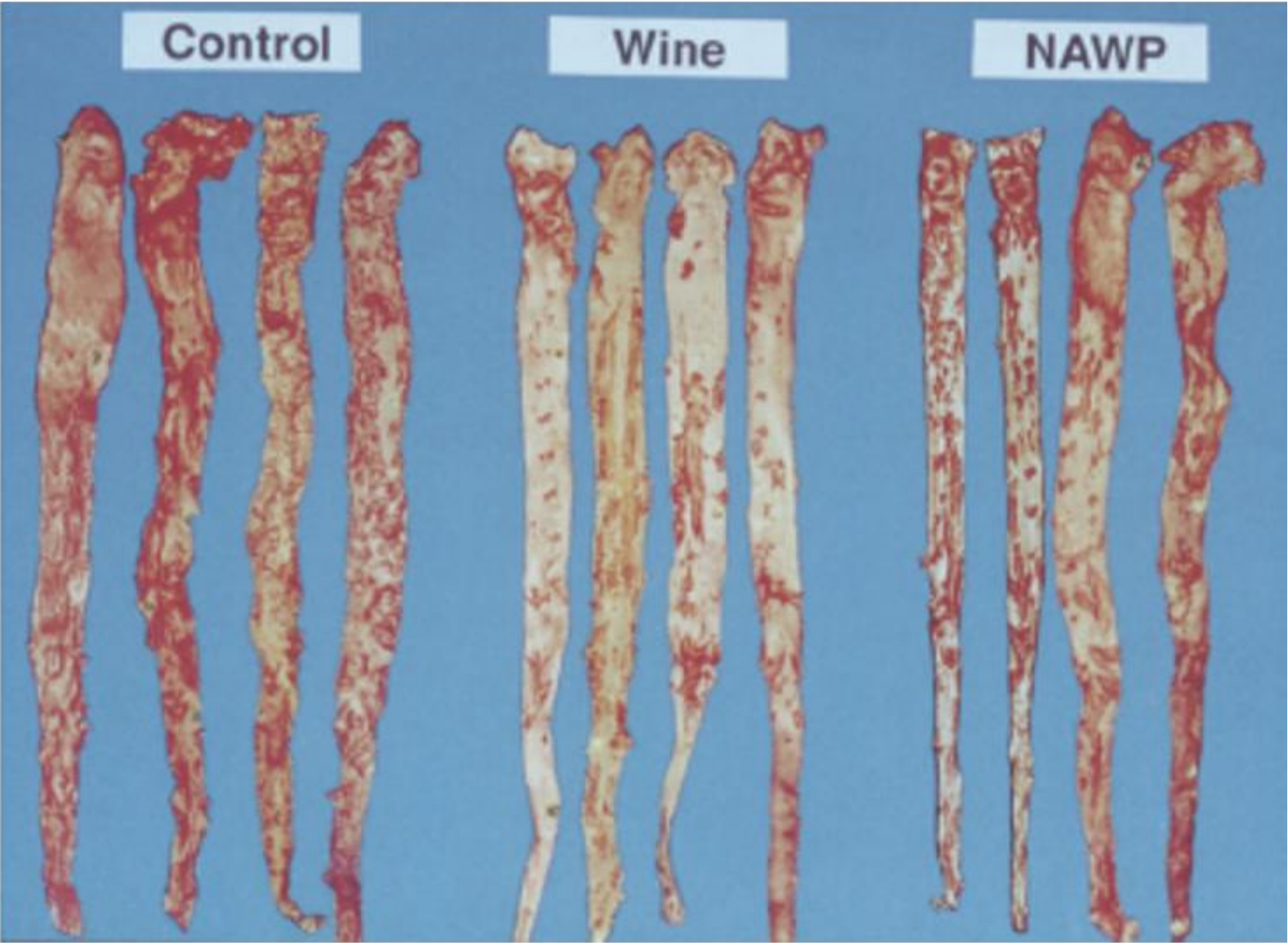
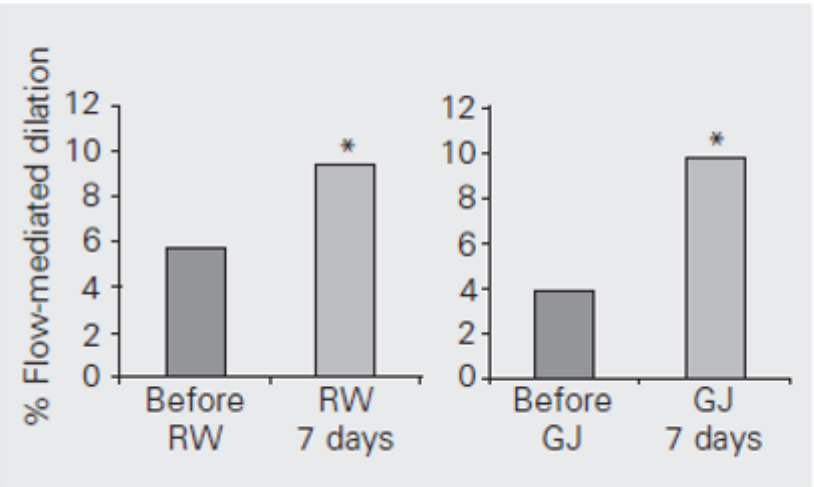
Figure 1 Plot of death rate from coronary heart disease (1977) correlated with daily dietary intake (from 1976 to 1978) of cholesterol and saturated fat as expressed by the cholesterol fat index (CSI) per 1000 kcal. Reproduced from Artaud-Wild *et al*,² with permission.

Wine, alcohol and atherosclerosis: clinical evidences and mechanisms

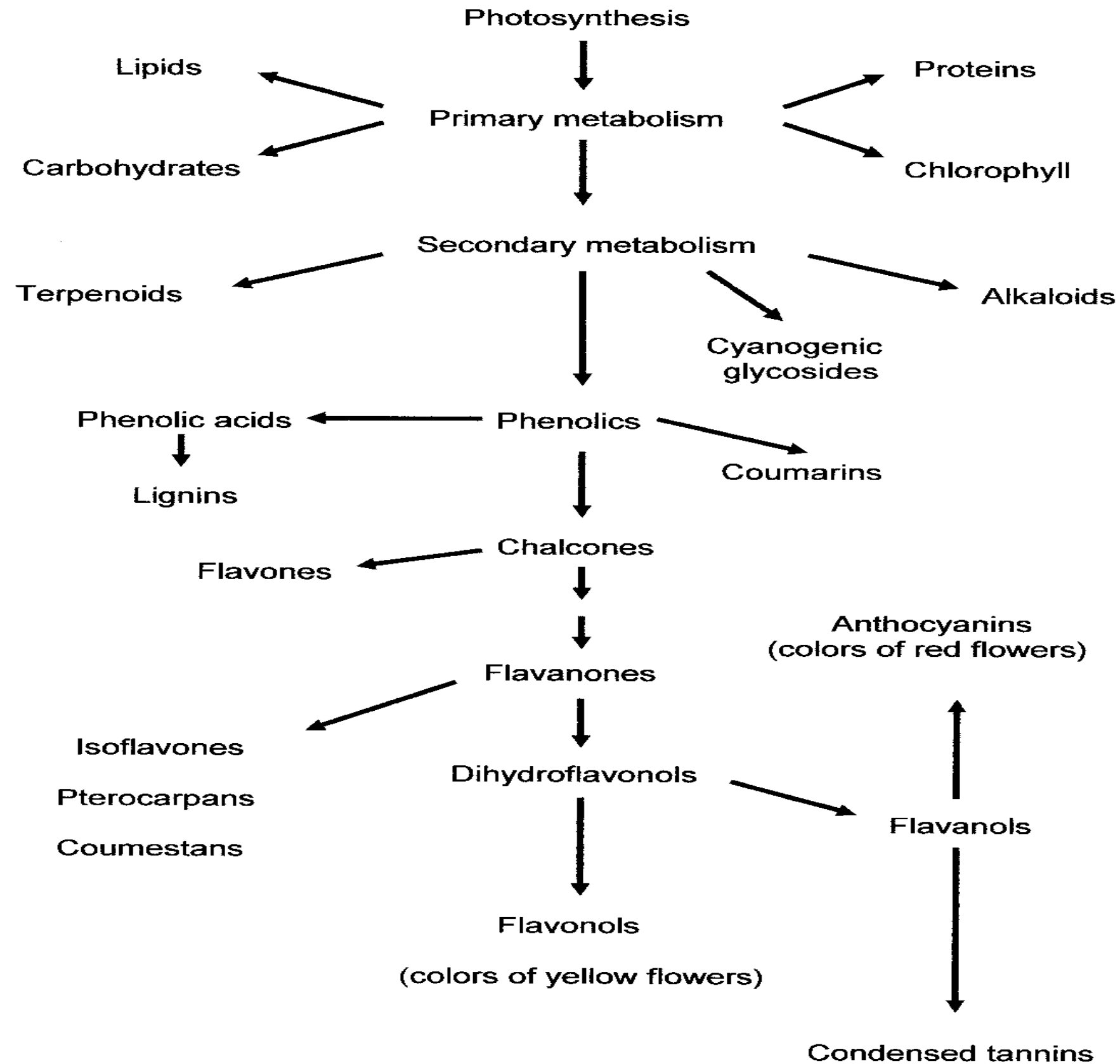
P.L. da Luz and
S.R. Coimbra

Unidade de Aterosclerose, Instituto do Coração, Hospital das Clínicas,
Universidade de São Paulo, São Paulo, SP, Brasil

Figure 6. Red wine (250 ml/day) and grape juice (500 ml/day) for 7 days increase brachial artery flow-mediated dilation in 7 adult subjects of each group who had hypercholesterolemia, arterial hypertension and who smoked. *P < 0.05 compared to before treatment days (ANOVA). GJ = grape juice; RW = red wine. Reproduced from Ref. 56, with permission.



OS RESPONSÁVEIS



- Metabolismo secundário



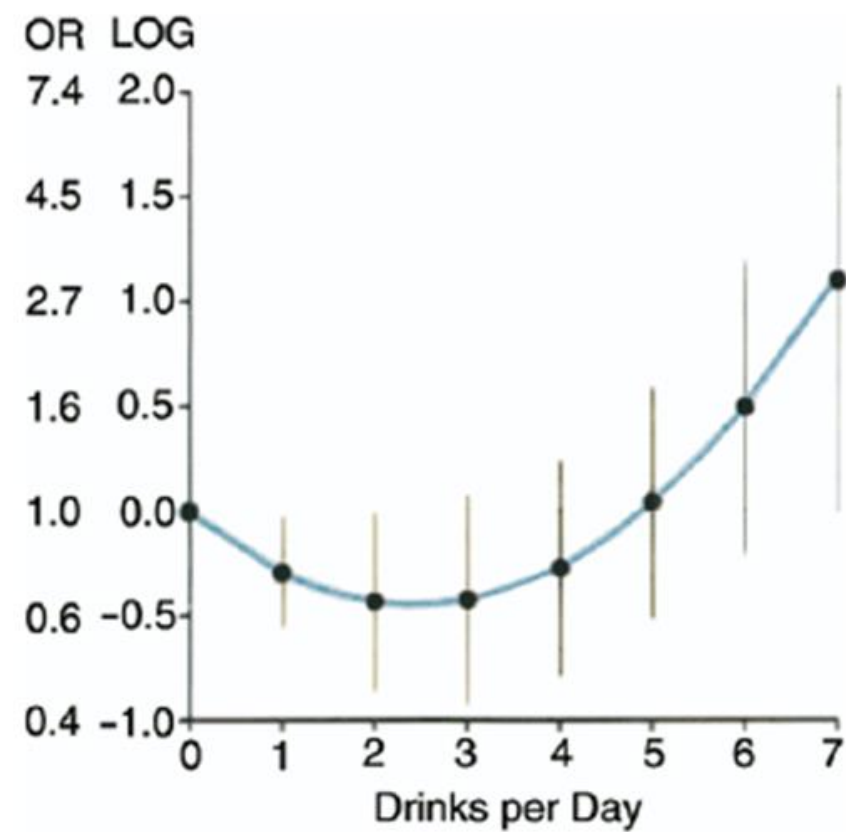


Figure 3 Alcohol and Stroke Risk

Relationship between daily alcohol and ischemic stroke. This was fully adjusted for the usual stroke factors. OR = odds ratio. Reproduced with permission from Sacco et al. (12).

Source: JACC © 2007 American College of Cardiology Foundation



Wakabayashi *Lipids in Health and Disease* (2016) 15:50
DOI 10.1186/s12944-016-0217-4

Lipids in Health and Disease

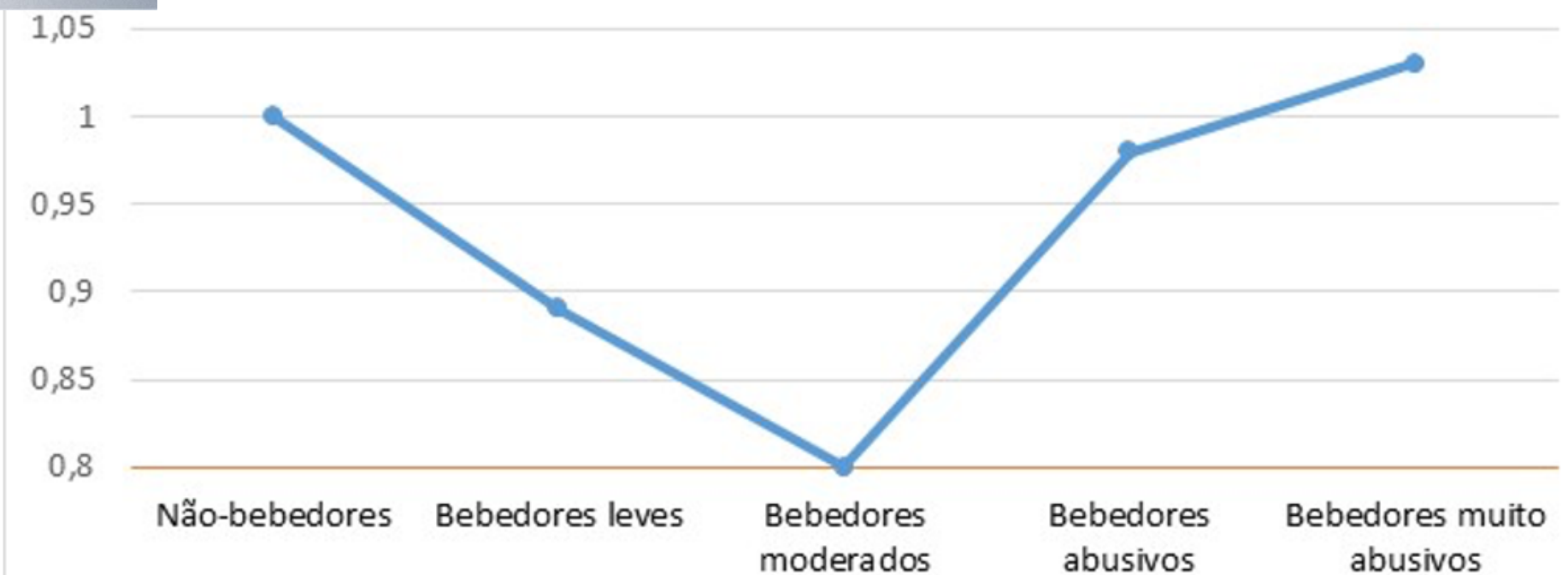
RESEARCH

Open Access



A U-shaped relationship between alcohol consumption and cardiometabolic index in middle-aged men

Ichiro Wakabayashi





p=portion Serving or portion size based on frugality and local habits

Regular physical activity
Adequate rest
Conviviality
Wine (and other alcoholic
fermented beverages)
in moderation and
respecting social beliefs



Biodiversity
Tradition
eco-friendly
Culinary



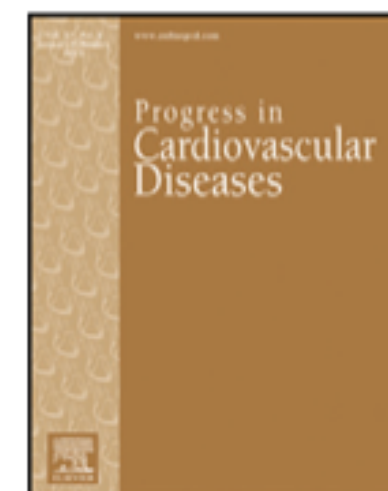


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Benefits of the Mediterranean Diet: Insights From the PREDIMED Study



Miguel A. Martínez-González^{a,b,c,*}, Jordi Salas-Salvadó^{b,c,d}, Ramón Estruch^{b,c,e}, Dolores Corella^{c,f}, Montse Fitó^{c,g}, Emilio Ros^{c,e}, for the PREDIMED INVESTIGATORS¹

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^bThe PREDIMED Research Network (RD 06/0045), Instituto de Salud Carlos III, Madrid, Spain

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^fDepartment of Preventive Medicine and Public Health, University of Valencia, Valencia, Spain

^gCardiovascular and Nutrition Research Group, Institut de Recerca Hospital del Mar, Barcelona, Spain

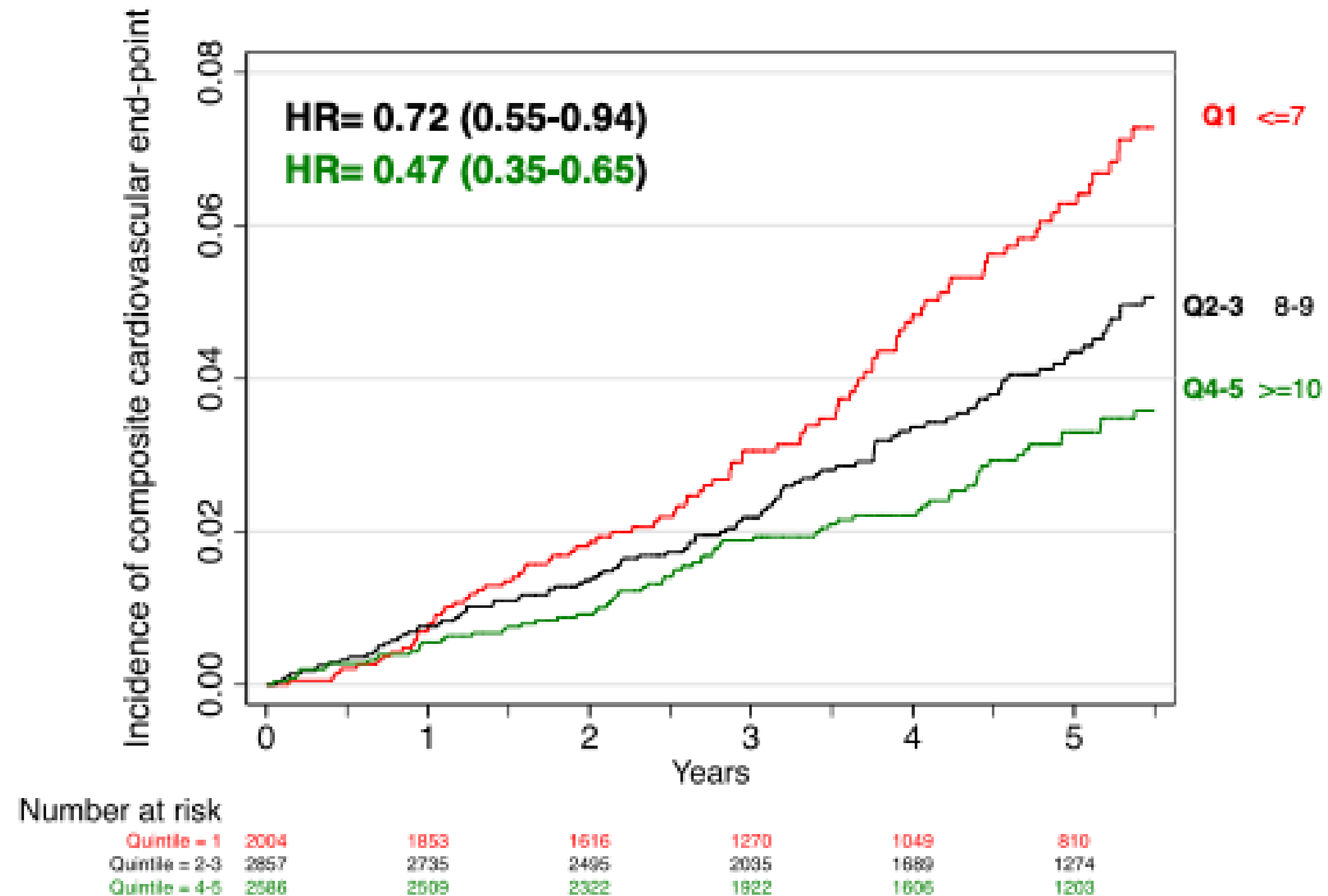


Fig 1 – Baseline adherence to the Mediterranean diet (14-point PREDIMED score) and incidence of the primary end-point in the PREDIMED trial (a composite of myocardial infarction, stroke or cardiovascular death). Q1-Q5: quintiles.

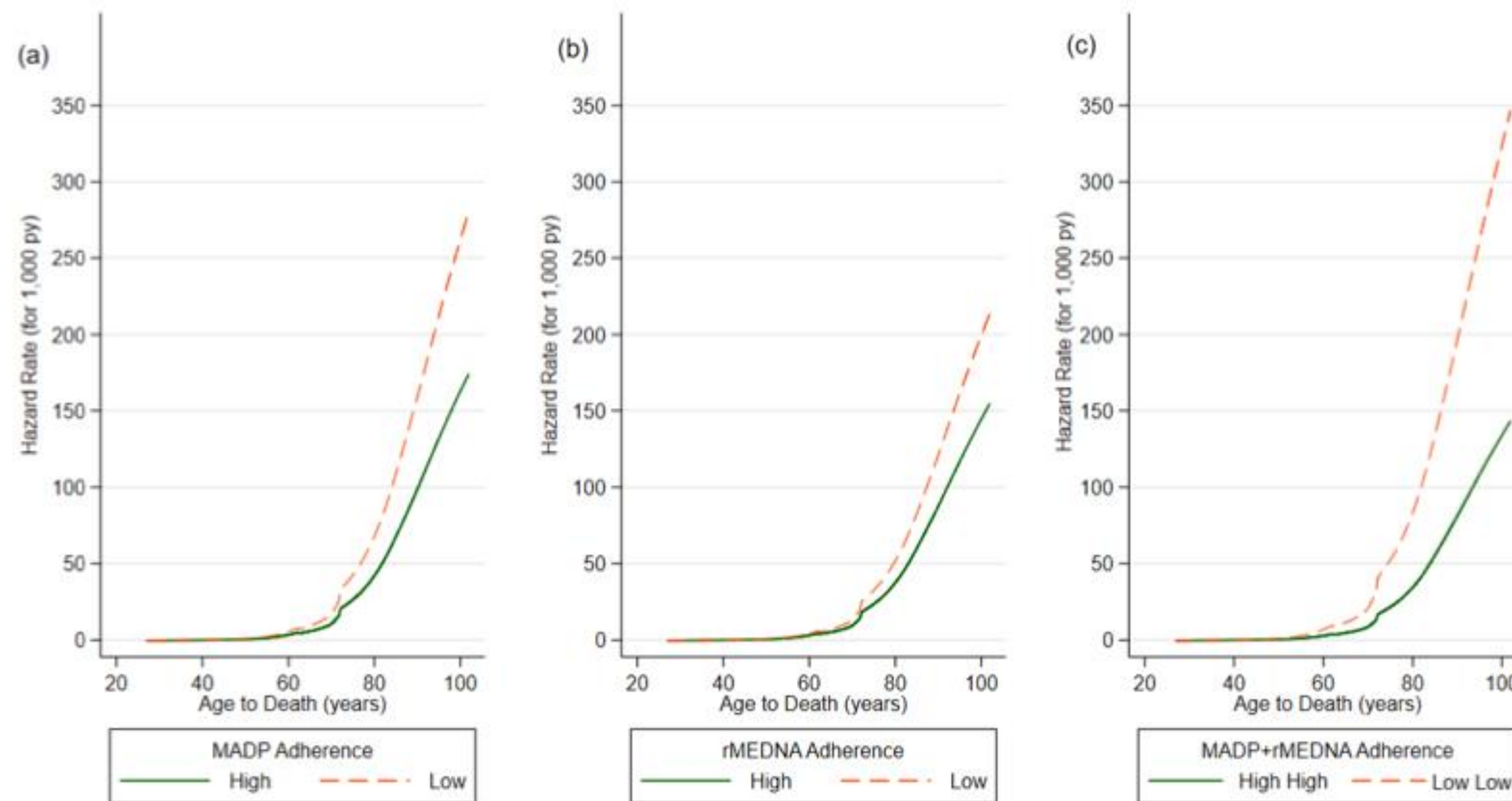


Article

High Adherence to a Mediterranean Alcohol-Drinking Pattern and Mediterranean Diet Can Mitigate the Harmful Effect of Alcohol on Mortality Risk

Angelo Campanella ^{1,*} , Caterina Bonfiglio ¹ , Francesco Cuccaro ² , Rossella Donghia ¹ , Rossella Tatoli ¹ 
and Gianluigi Giannelli ¹ 

All Causes of Death



MADP: Mediterranean Alcohol Drinking Pattern; rMEDNA: Relative Mediterranean Diet Score without Alcohol consumption; py: person years

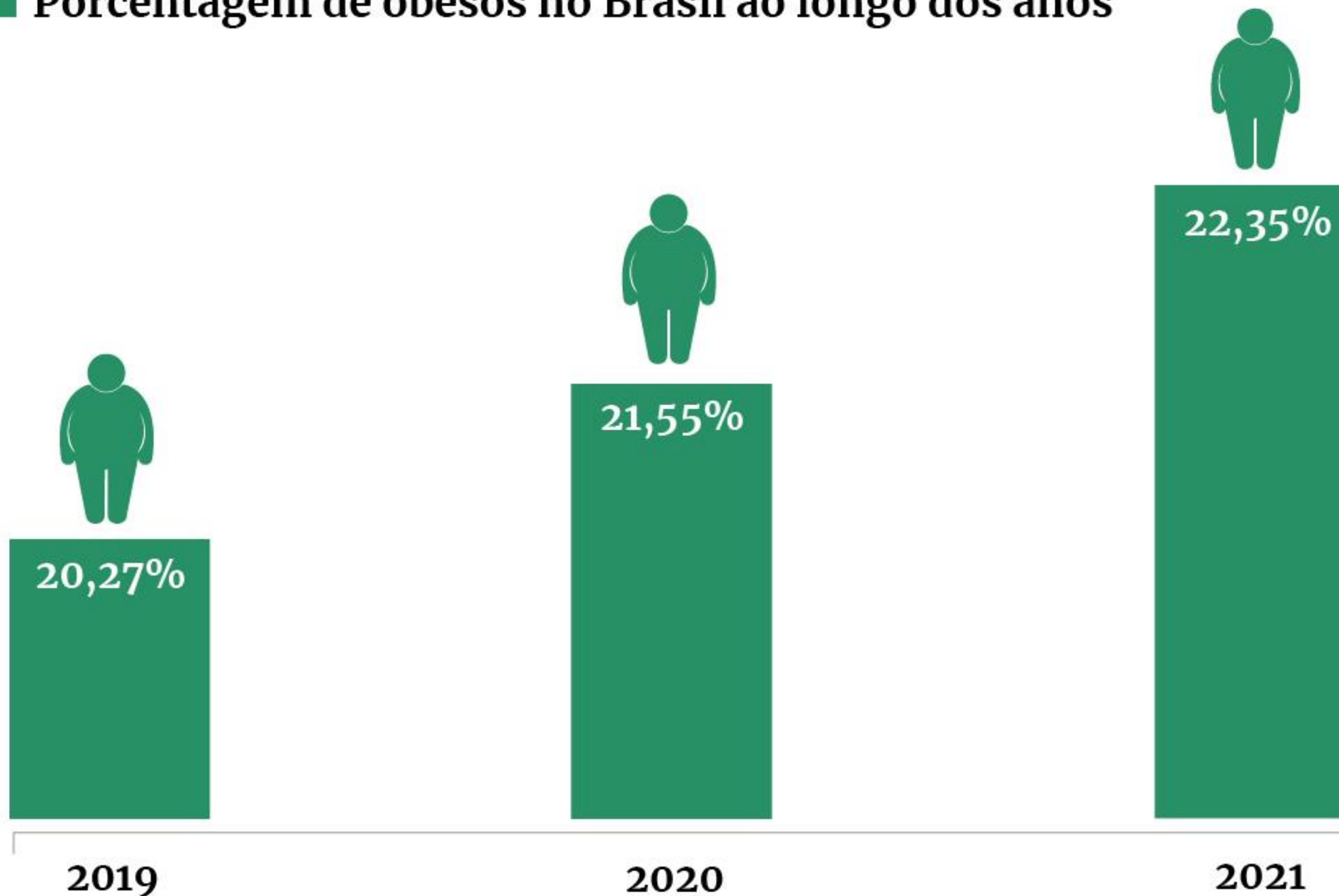
Figure 2. Hazards rates for all causes of death by (a) MADP, (b) rMEDNA, (c) MADP + rMEDNA. MADP: Mediterranean Alcohol Drinking Pattern; rRMDNA: Relative Mediterranean Diet Score without alcohol consumption.

Conclusões: Este estudo sugere que os efeitos deletérios do álcool sobre a mortalidade variam, dependendo dos padrões de consumo de álcool e do contexto alimentar.

Uma maior adesão ao MedDiet parece mitigar os efeitos adversos do consumo moderado de álcool, principalmente para os bebedores de vinho.


Índice de obesidade brasileira

■ Porcentagem de obesos no Brasil ao longo dos anos



Review

Relationship between Mediterranean Dietary Polyphenol Intake and Obesity

Sara Castro-Barquero ^{1,2}, Rosa M. Lamuela-Raventós ^{3,4} , Mónica Doménech ^{1,2,4}
and Ramon Estruch ^{1,2,4,5,*}

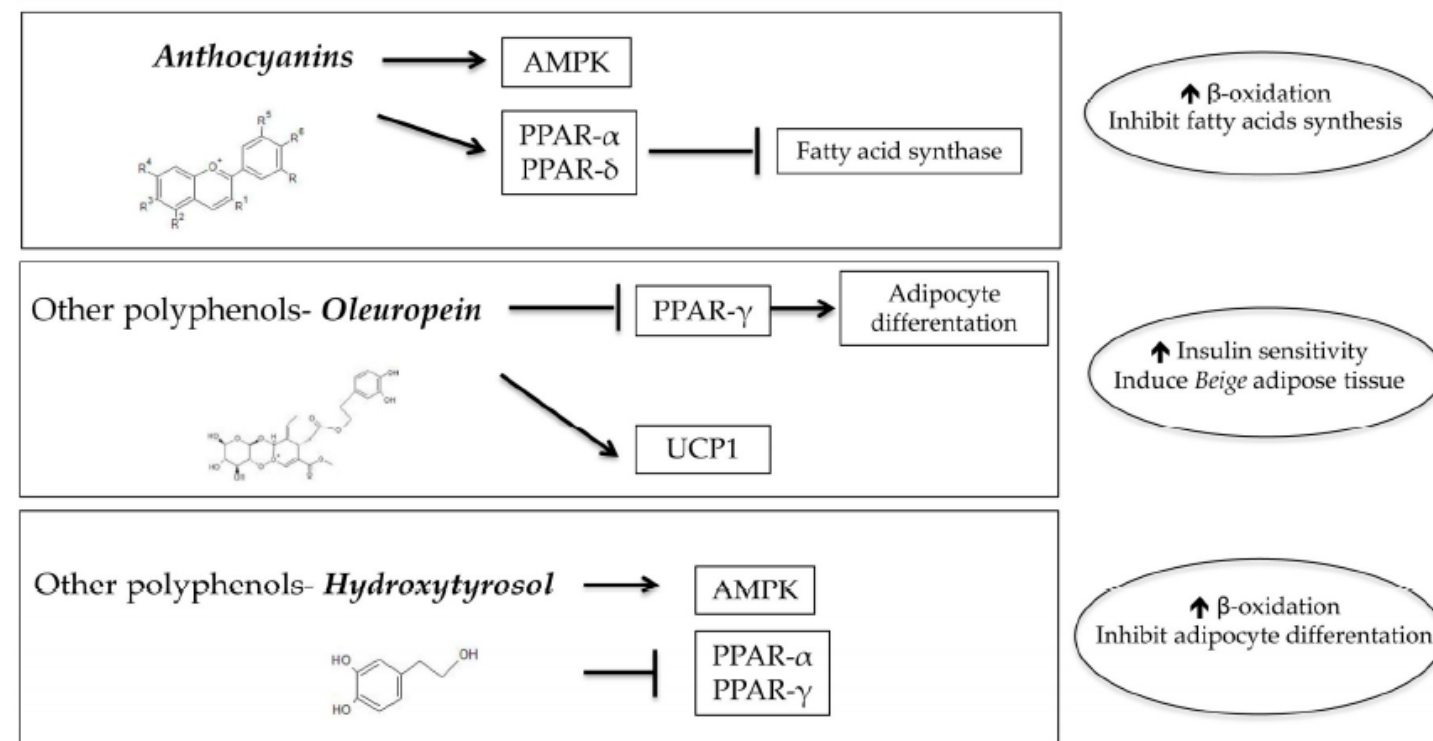


Figure 1. Molecular mechanisms of polyphenols involved in obesity. PPAR-γ: peroxisome proliferator-activated receptor gamma; CTP-1: tricarboxylate transport protein 1; AMPK: 5'-adenosine monophosphate-activated protein kinase; PPAR-α: peroxisome proliferator-activated receptor alpha; PPAR-δ: peroxisome proliferator-activated receptor delta; PPAR-γ: peroxisome proliferator-activated receptor gamma; → activation; → inhibition; and ↑ increase. ADC/ChemSketch (Advanced Chemistry Development, Inc., Toronto, ON, Canada) software was employed for chemical structures.

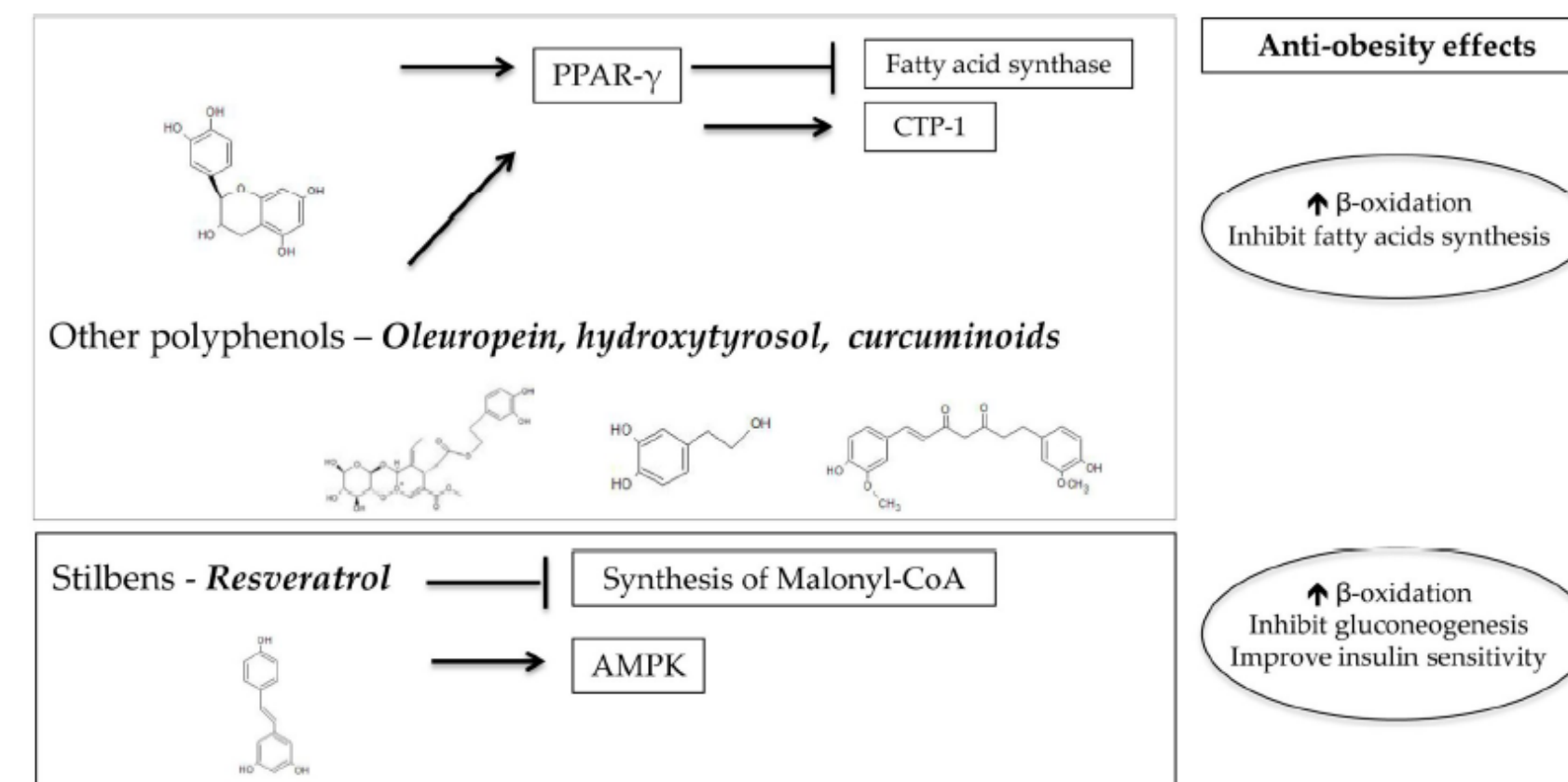


Table 2. Potential health benefits on body weight by Mediterranean diet polyphenols.

Phenolic Compound	Potential Health Benefits	References
Total polyphenols	↓ Body weight, BMI, and waist and hip circumferences	[26]
Total polyphenols	Prebiotic effect ↑ <i>Lactobacillus</i> spp., <i>Bifidobacterium</i> spp., <i>Faecalibacterium</i> spp., and <i>Bacteroidetes</i> spp. proliferation	[49]
Total polyphenols	↓ SFCAs excretion	[49]
Flavonoids	↓ BMI	[27]
Epigallocatechin gallate (EGCG) and green tea extracts	↓ Body weight, fat mass, and visceral and subcutaneous fat	[31]
Proanthocyanidins	↑ Proliferation of the <i>Akkermansia muciniphila</i> spp.	[50]
Proanthocyanidins	↓ Total cholesterol levels ↑ Biliary excretion and micellar solubility	[52]
Resveratrol	↓ Adipocyte proliferation ↓ Lipogenesis ↑ Lipolysis and β -oxidation	[28]

¹ BMI: Body mass index; SFCAs: Short-chain fatty acids; ↓ significant decrease; and ↑ significant increase.



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Phenolic acids: Natural versatile molecules with promising therapeutic applications

Naresh Kumar^a, Nidhi Goel^{b,*}

^a Discipline of Biosciences and Biomedical Engineering, Indian Institute of Technology Indore, Simrol Campus, Indore, Madhya Pradesh-453552, India

^b Department of Chemistry, Institute of Science, Banaras Hindu University, Varanasi, Uttar Pradesh-221005, India

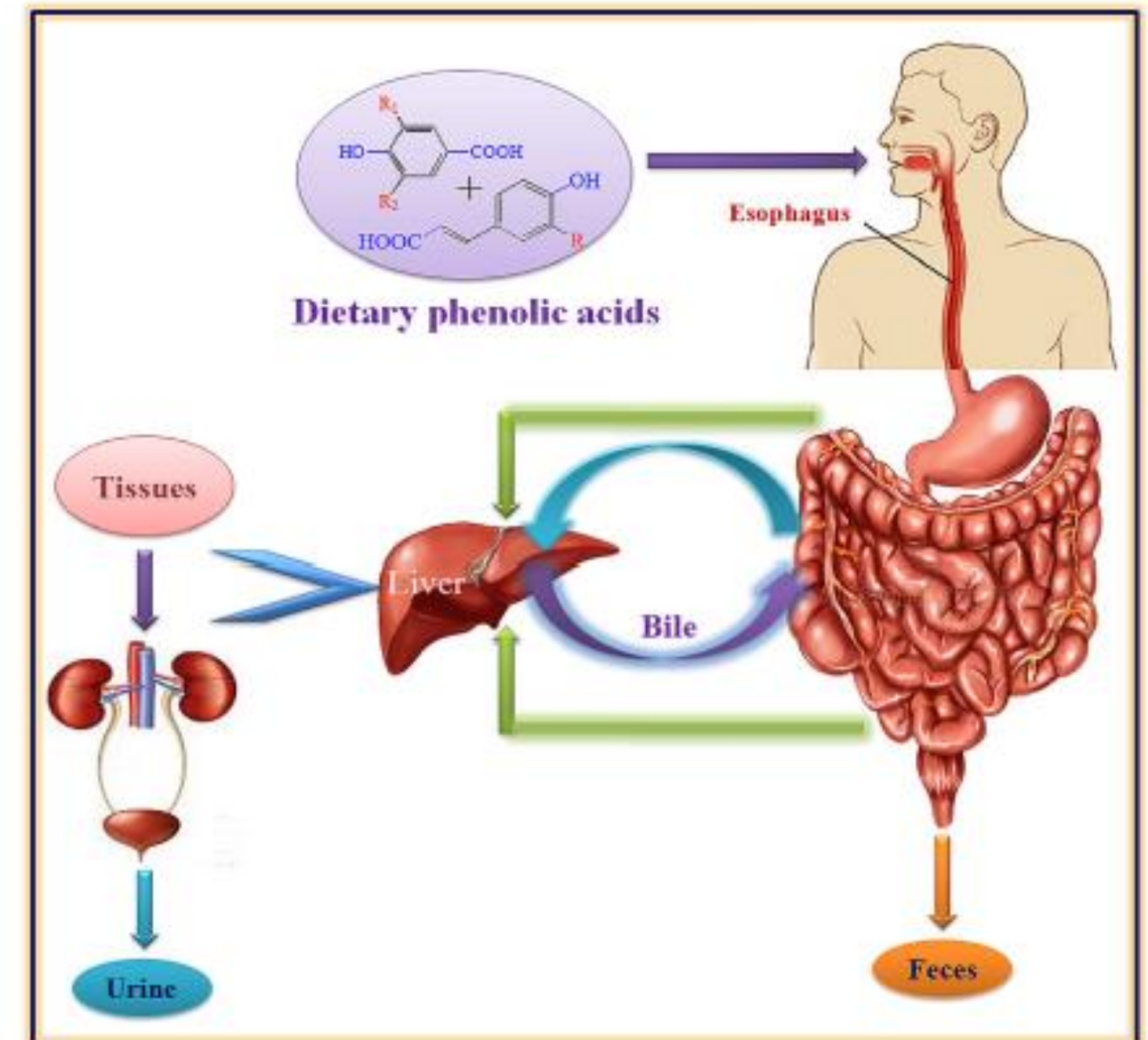


Fig. 2. Representation of general metabolic pathway for phenolic acids in human beings.



HC
FUSP

ESTUDO:
VINHO E FLORA
INTESTINAL
"WineFlora Study"

Coordernador:
Dr Protásio Lemos da Luz - CRM/SP 12.811

SOBRE O QUE O VINHO TINTO
PODE FAZER DE BOM PARA FLORA
INTESTINAL

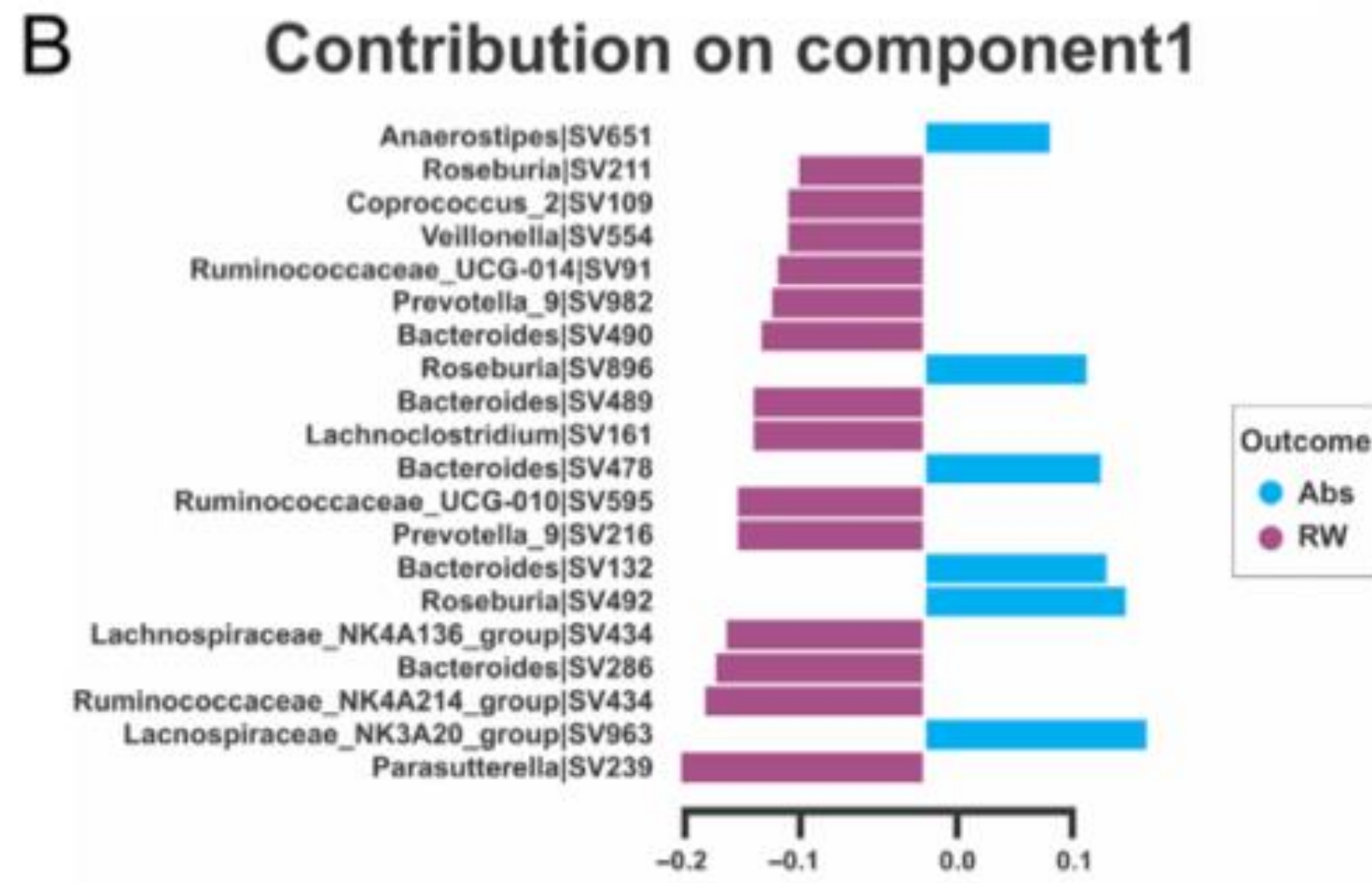
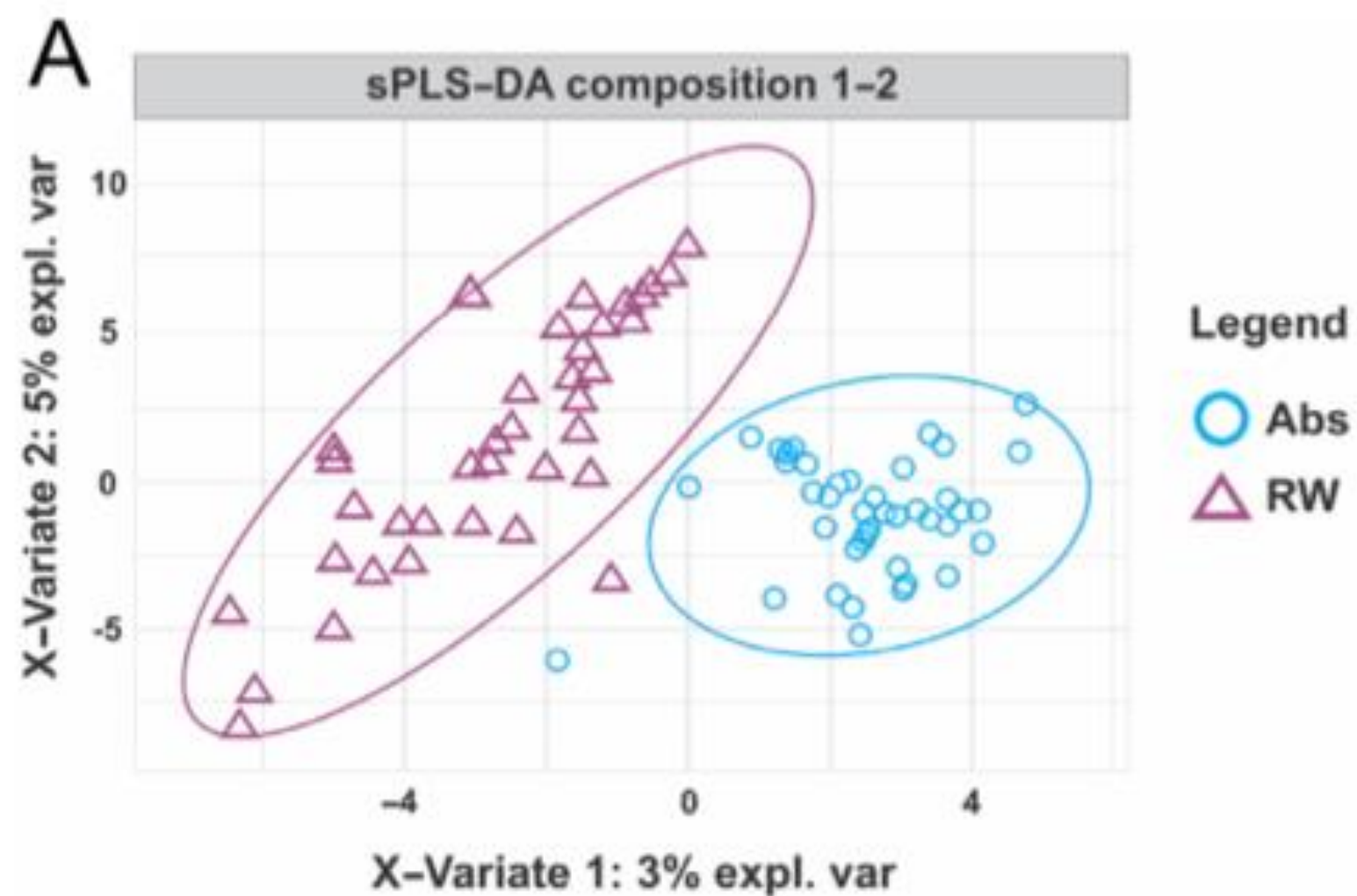
QUEM PODE PARTICIPAR:

- Homens de 45 a 70 anos
- Que possam **beber vinho**
- Com histórico de: infarto / cateterismo
cirurgia de ponte de safena / doença carotídea
doença arterial periférica
acidente vascular cerebral
- **Não podem participar:** diabéticos ou quem usa metformina

Informações:
Telefones: 2661-5510 - 2661-5952
projetovinhoflora@gmail.com

A red wine intervention does not modify plasma trimethylamine *N*-oxide but is associated with broad shifts in the plasma metabolome and gut microbiota composition

Elisa A Haas,¹ Mario JA Saad,² Andrey Santos,² Nicola Vitulo,³ Wilson JF Lemos, Jr,⁴ Aline MA Martins,⁵ Carolina RC Picossi,⁶ Desidério Favarato,¹ Renato S Gaspar,¹ Daniéla O Magro,² Peter Libby,⁷ Francisco RM Laurindo,¹ and Protasio L Da Luz,¹ for the WineFlora Study



Urinary tartaric acid as a biomarker of wine consumption and cardiovascular risk: the PREDIMED trial

Inés Domínguez-López^{1,2,3†}, Rosa M. Lamuela-Raventós^{1,2,3†}, Cristina Razquin^{3,4}, Camila Arancibia-Riveros^{1,2}, Polina Galkina^{1,2,3}, Jordi Salas-Salvadó^{3,5}, Ángel M. Alonso-Gómez^{3,6}, Montserrat Fitó^{3,7}, Miquel Fiol^{3,8}, José Lapetra^{3,9}, Enrique Gómez-Gracia¹⁰, José V. Sorlí¹¹, Miguel Ruiz-Canela^{3,4}, Olga Castañer^{3,7}, Liming Liang^{12,13}, Lluís Serra-Majem¹⁴, Frank B. Hu^{13,15,16}, Emilio Ros^{3,17}, Miguel Ángel Martínez-González^{3,4,*}, and Ramon Estruch^{3,18,*}

[†]Polyphenol Research Group, Departament de Nutrició, Ciències de l’Alimentació i Gastronomia, Facultat de Farmàcia, Universitat de Barcelona (UB), Av. de Joan XXII, 27-31, Barcelona

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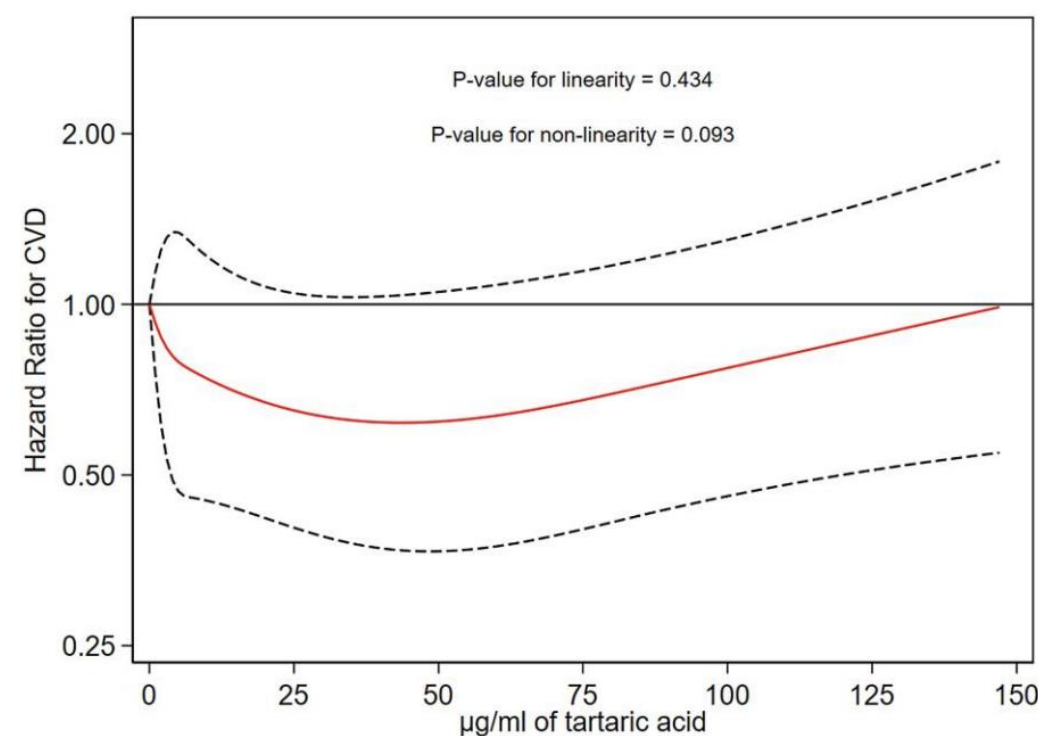
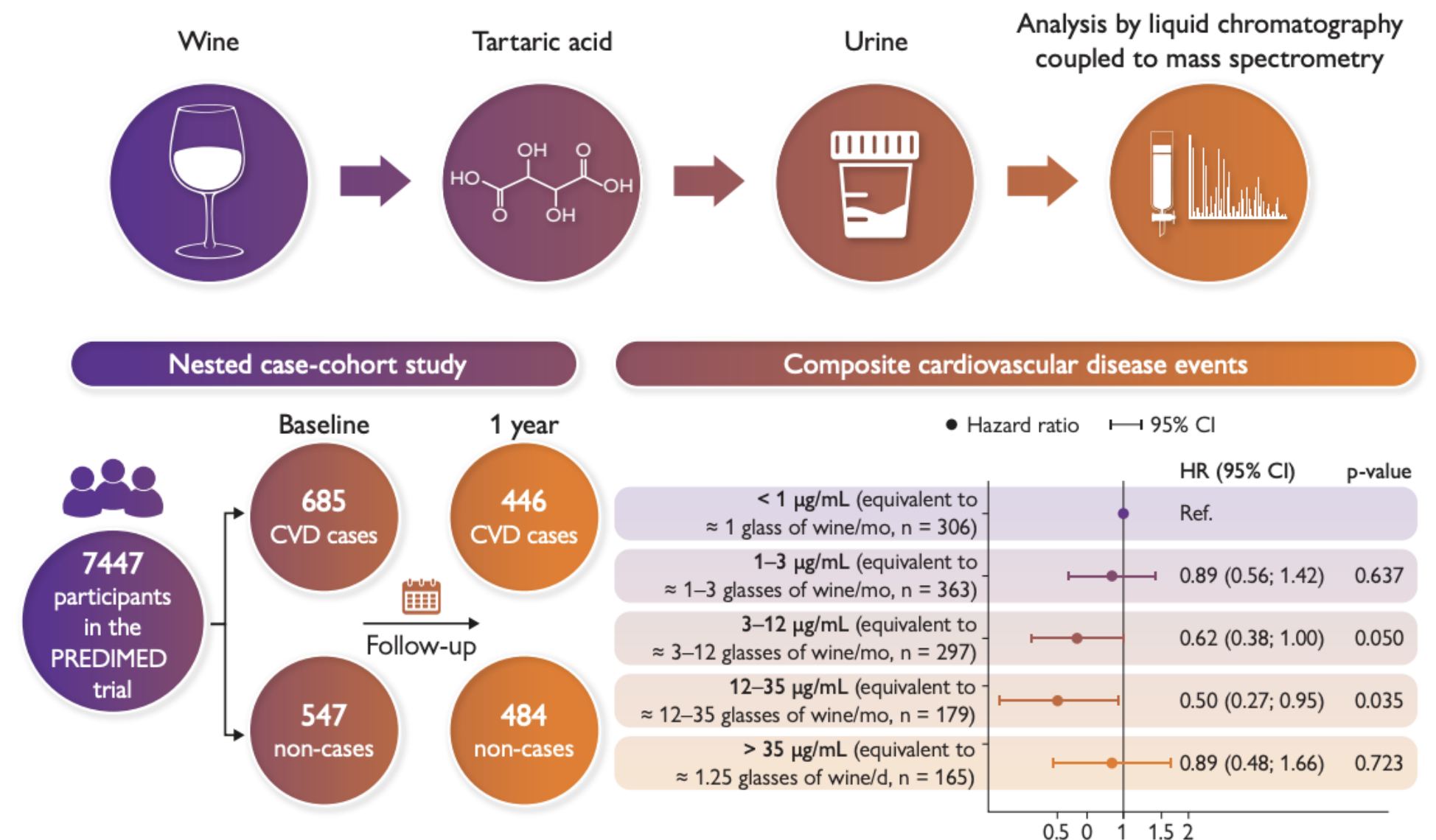


Figure 2 Multivariate-adjusted relation of baseline tartaric acid with CVD risk. Associations were evaluated with the use of restricted cubic splines. The solid lines represent the central risk estimate and the dotted lines represent the 95% confidence intervals (CIs)

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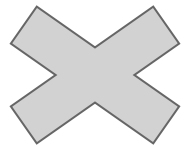




POLIFENÓIS: EM VINHOS BRASILEIROS

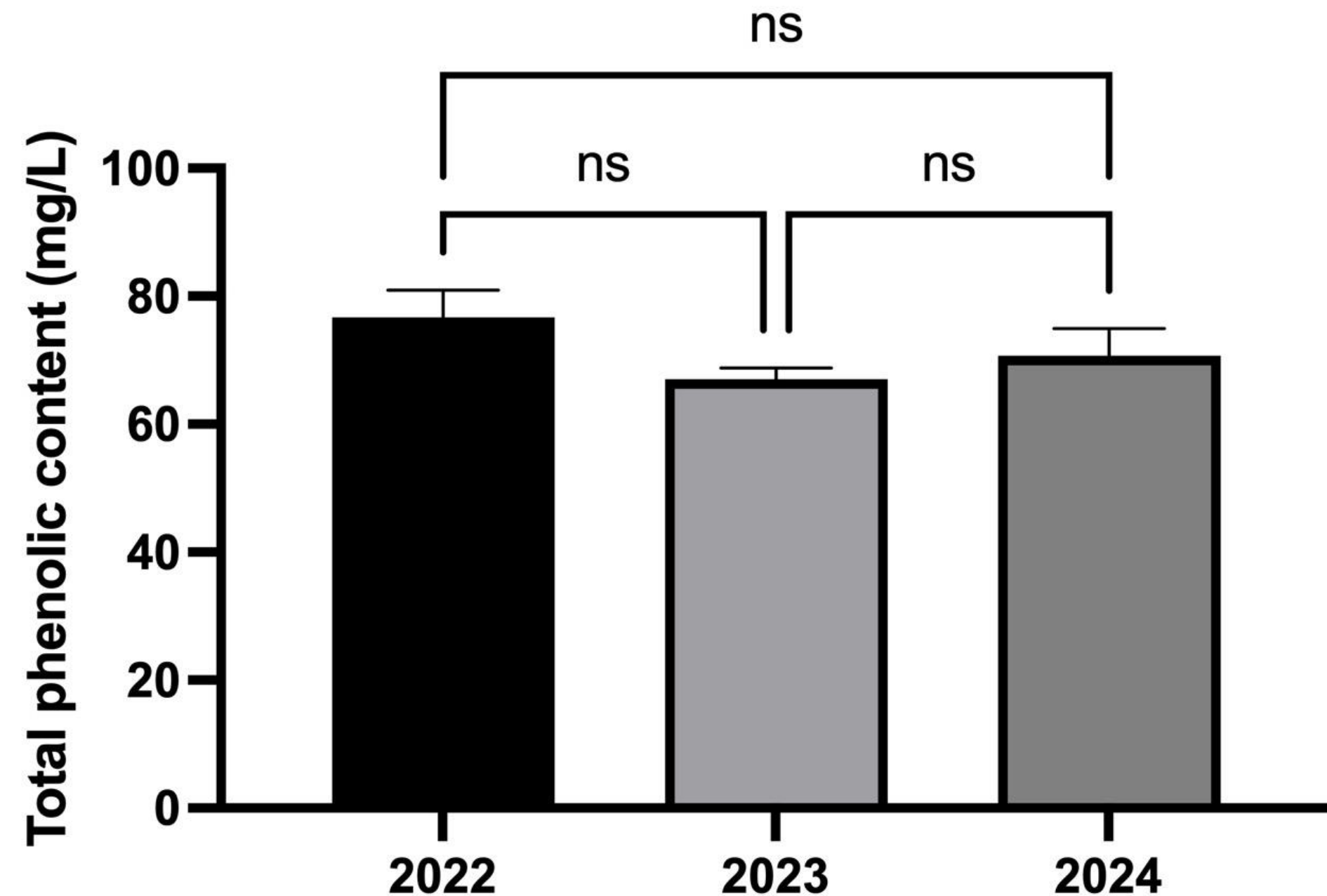
Brasil

Média total **72,88 mg.L⁻¹**

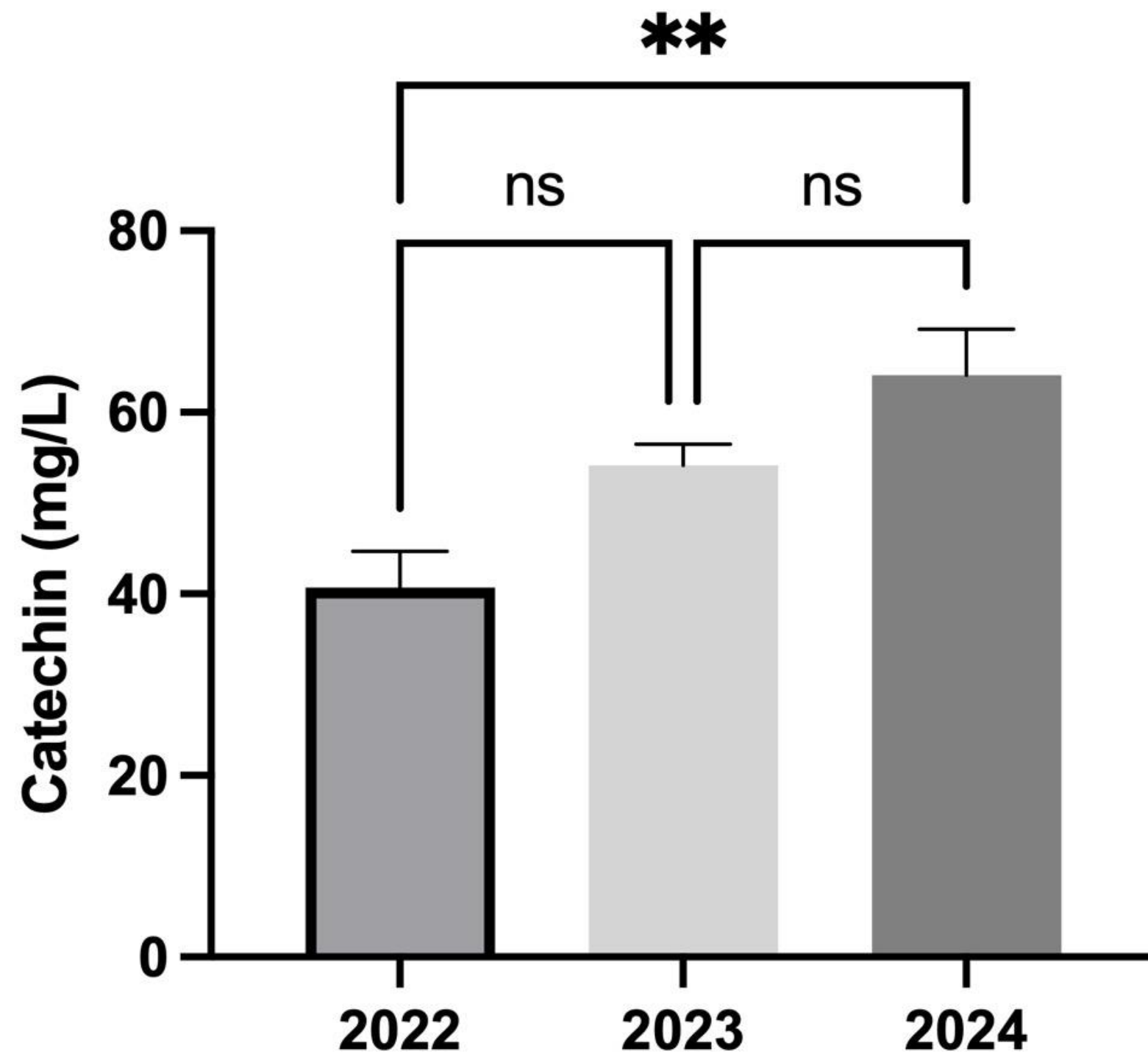


Syrah Hunter Valley

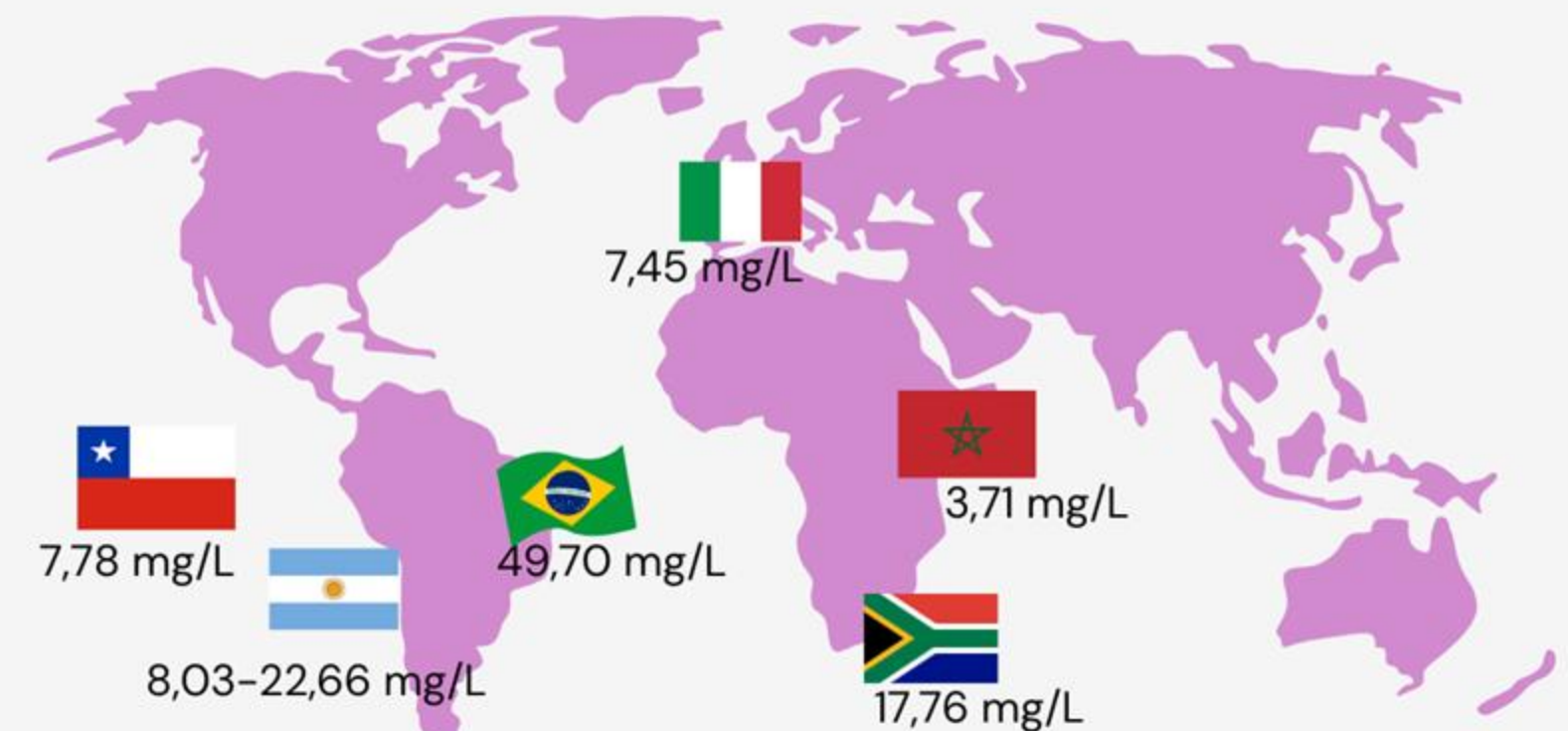
Média total 54,00 mg.L⁻¹



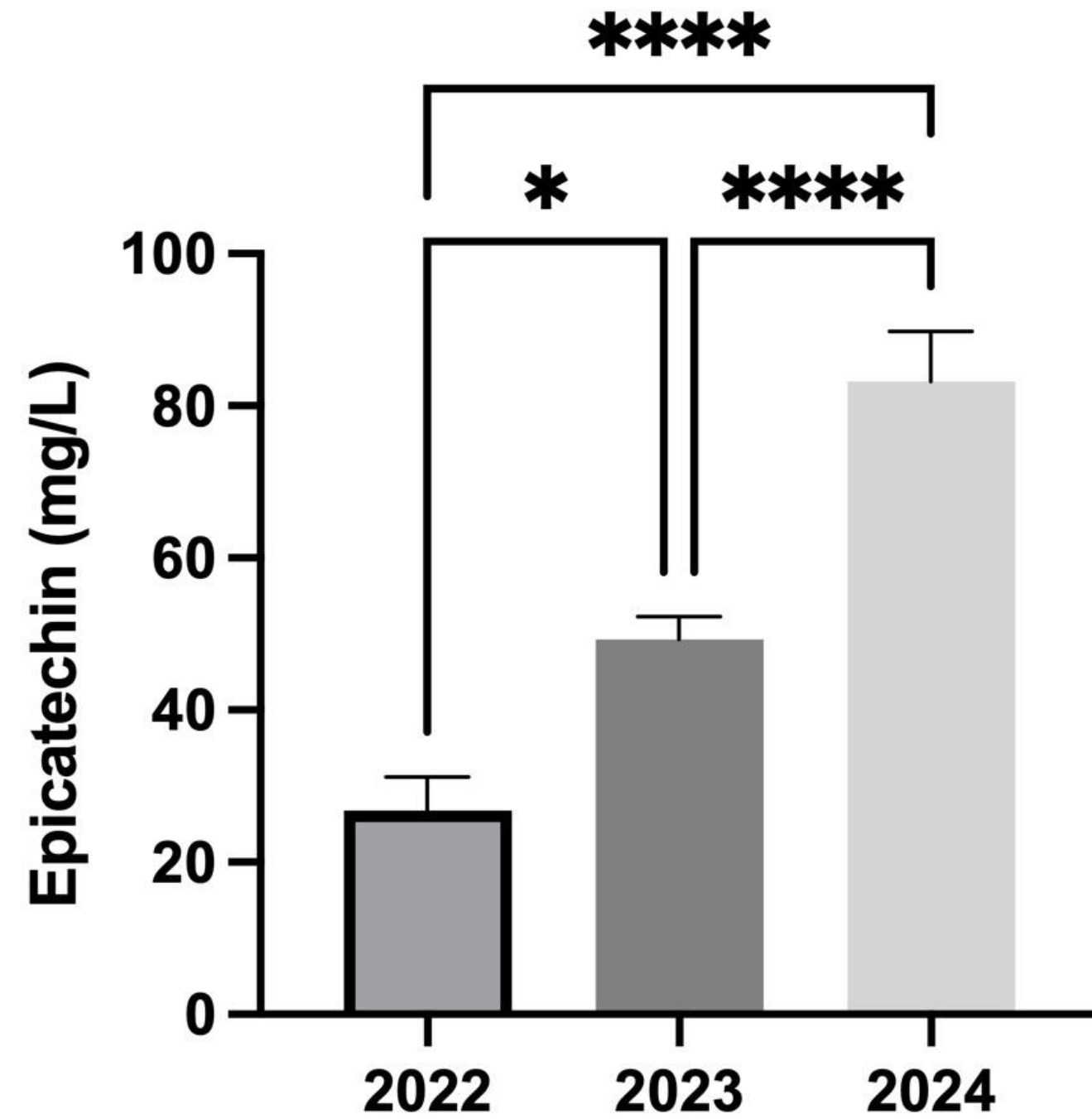
POLIFENÓIS : EM VINHOS BRASILEIROS



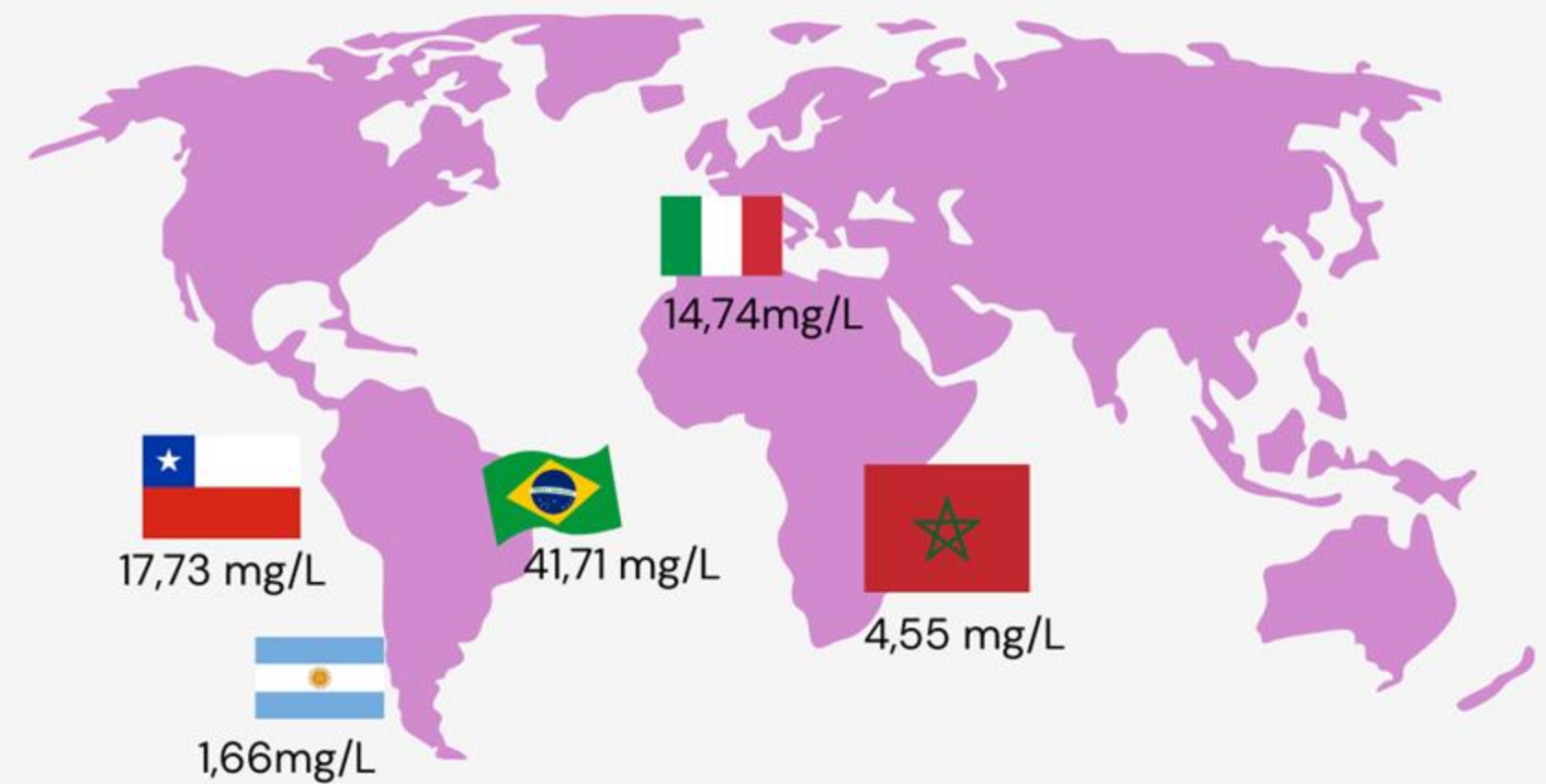
Catequina nos vinhos Syrah do mundo



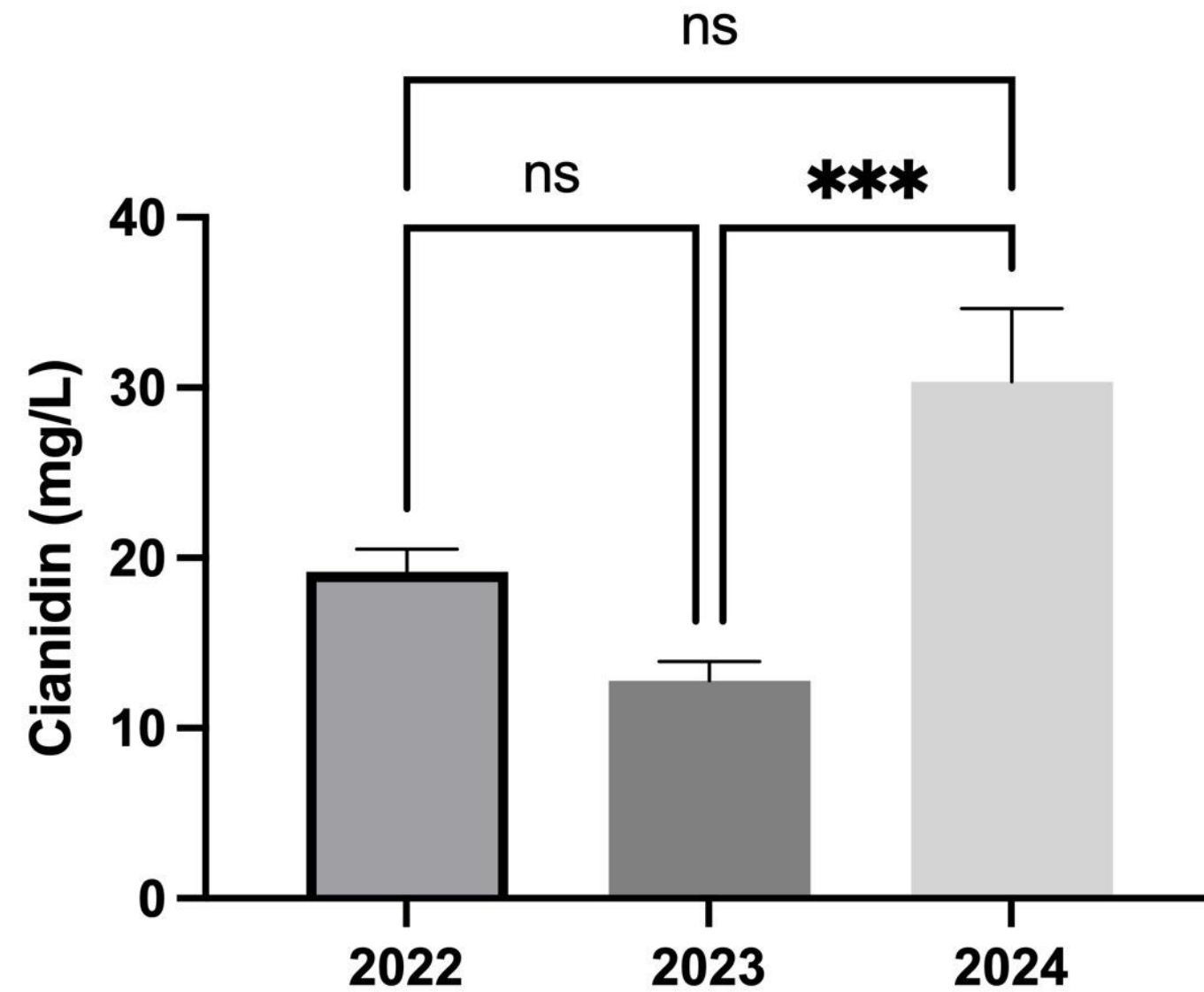
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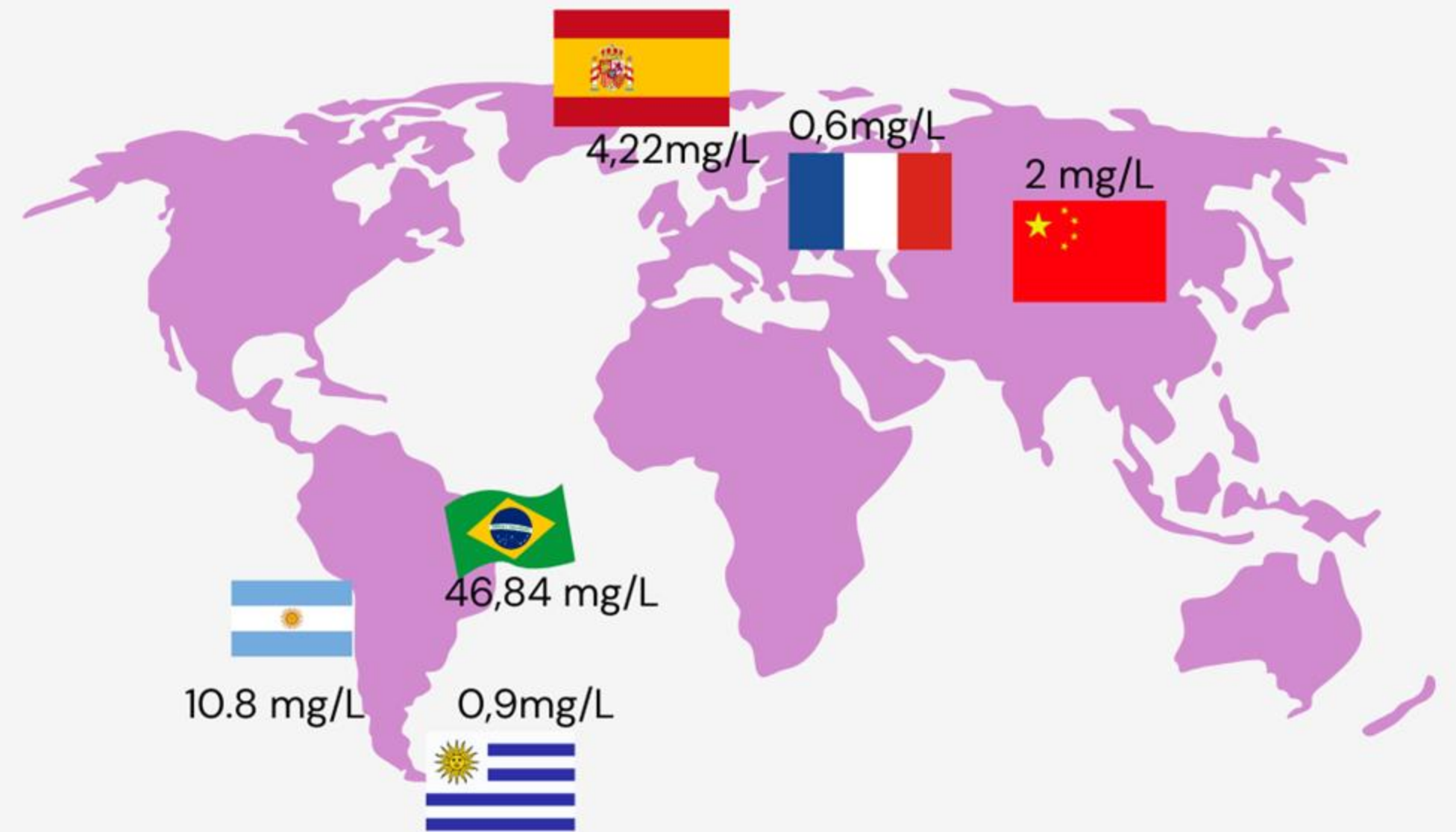
Epicatequina nos vinhos Syrah do mundo



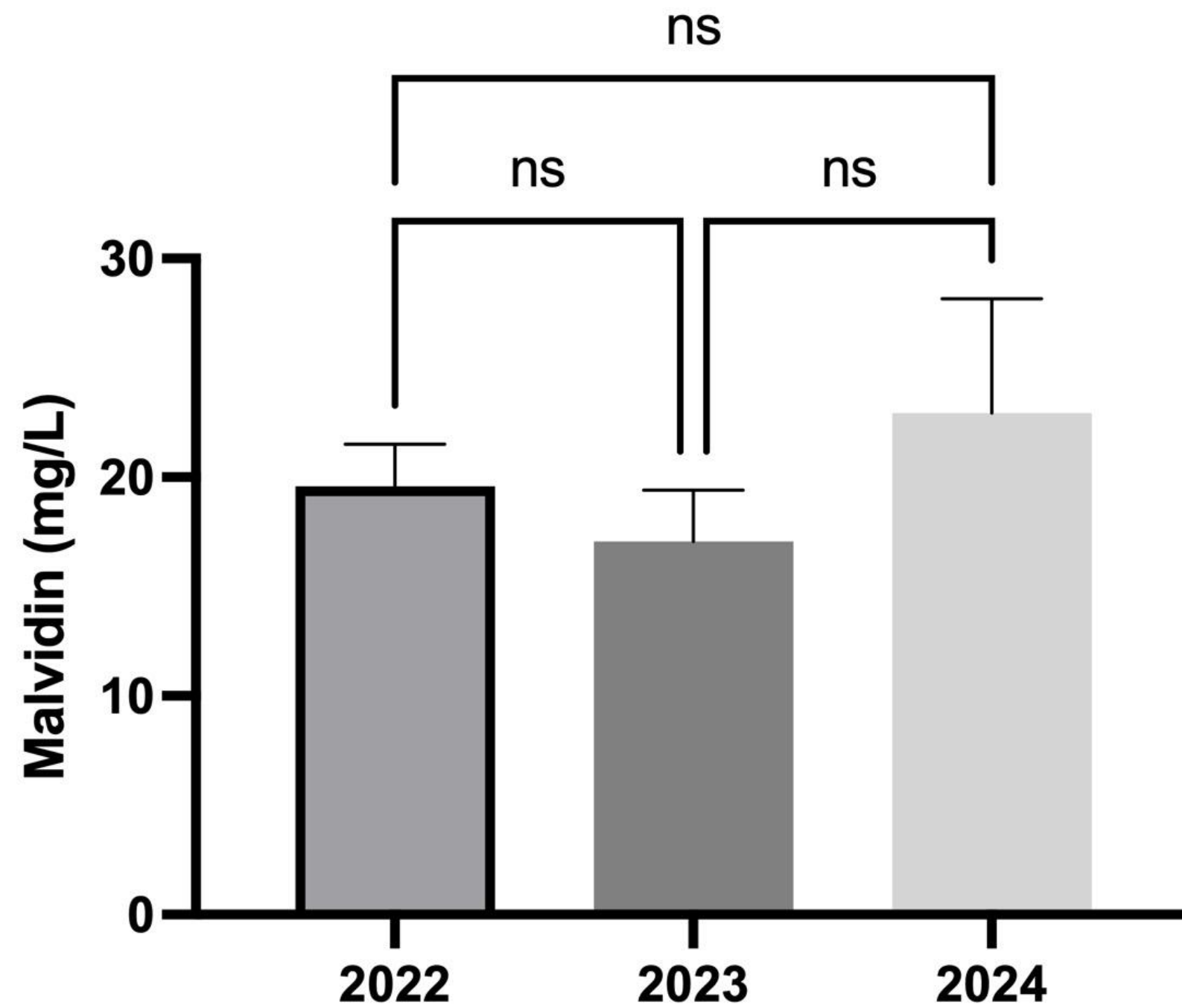
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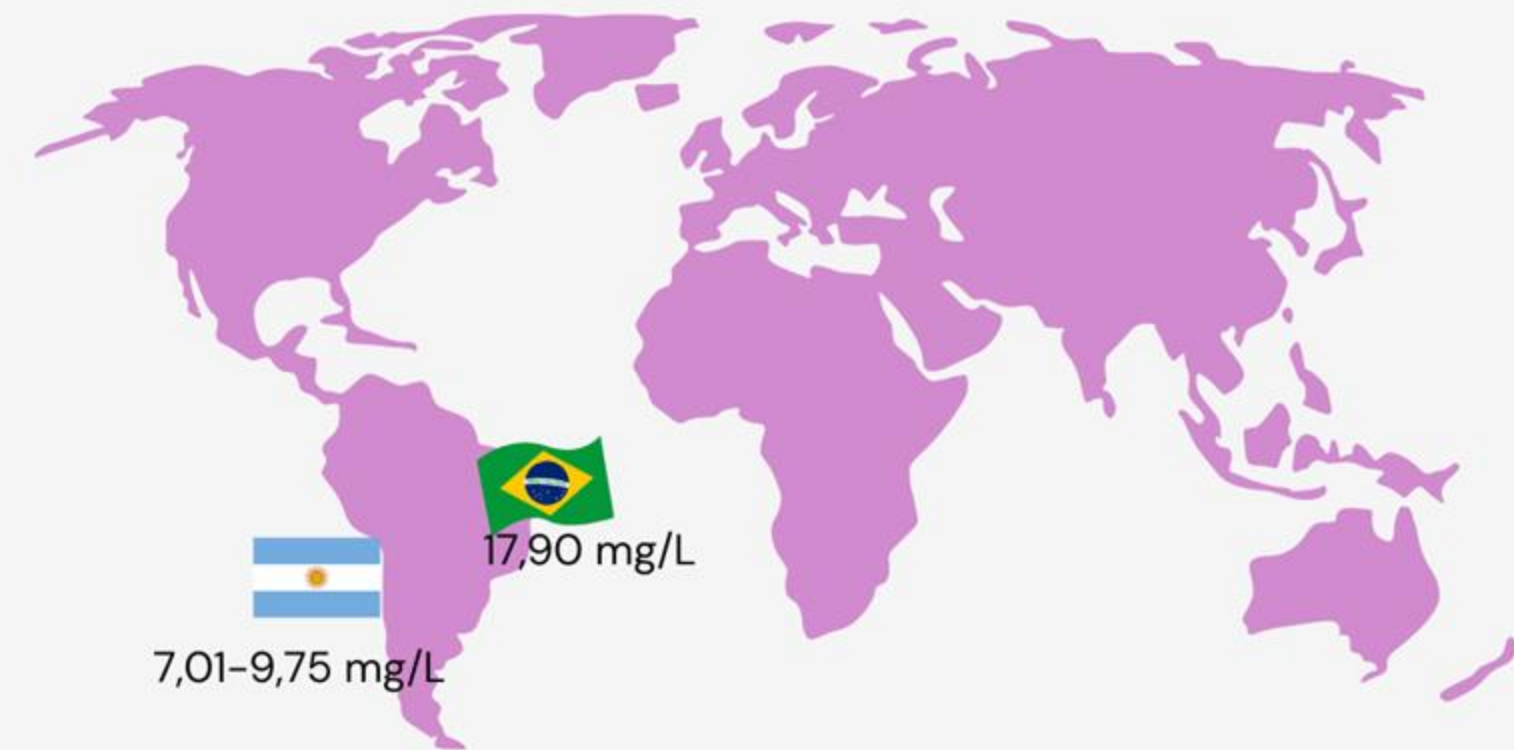
Cianidina nos vinhos Syrah do mundo



POLIFENÓIS : EM VINHOS BRASILEIROS



Malvidina nos vinhos Syrah do mundo



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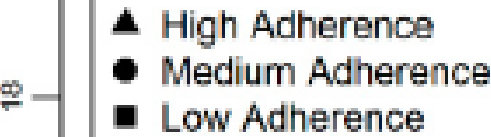
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**Azienda
Sanitaria
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News

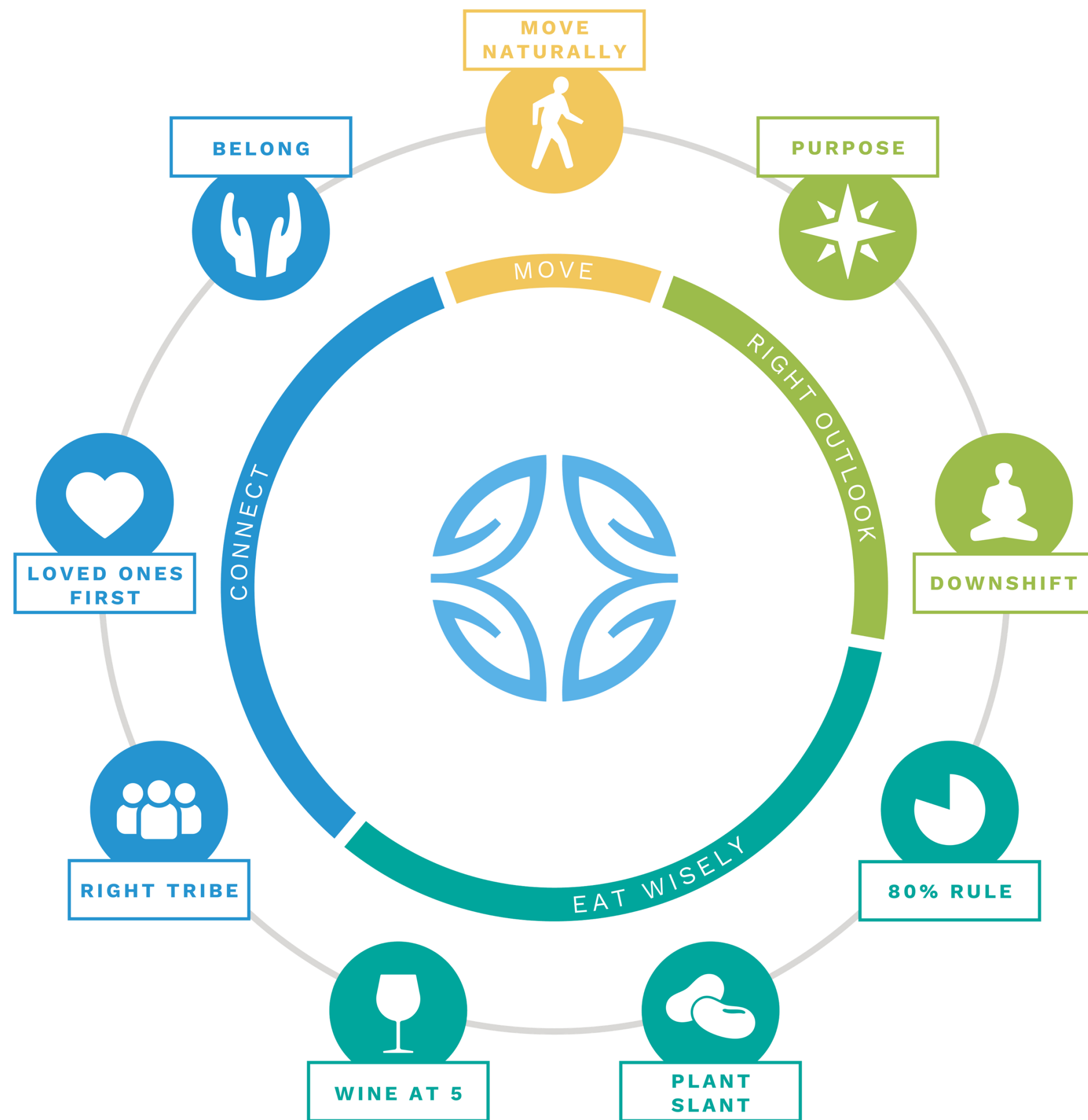


Blue zones are regions where a higher than usual number of people live much longer than average.
There are five blue zone areas in the world.



MooDFOOD
PREVENTING DEPRESSION THROUGH FOOD

predimed
Prevención con Dieta Mediterránea



A middle-aged man with grey hair and glasses is sitting on a light-colored sofa. He is wearing a dark blue button-down shirt and light-colored trousers. His hands are clasped in his lap. In the background, another person is partially visible, and there is a bright window or glass door. The overall scene is indoors and appears to be a living room.

**DRINK WINE
& LIVE TO 100?**



Viva mais e mais longe

Muito obrigada
@Carolinedanir