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Epidemiology of Cardiovascular Disease Professor Keith N. Frayn and Sara Stanner 2. Lifecourse Nutrition Professor Caroline Fall 3. Metabolic Syndrome - Insulin Resistance, Obesity, Diabetes Mellitus, Hypertension, Physical Activity and Genetic Factors Professor Keith Frayn, Dr Stacey Lockyer and Sara Stanner 4. Lipid-Related Factors Professor Leanne Hodson 5. Inflammation-Related Factors Professor Parveen Yaqoob and Professor Gordon Ferns 6. Adipose Tissue-Derived Factors Dr Vidya Mohamed-Ali and Masha AlJaber 7. Vascular Dysfunction Professor Gordon Ferns and Professor Sumantra Ray 8. The Haemostatic System - Coagulation, Platelets and Fibrinolysis Professor Coen Stehouwer 9. Oxidative Stress and Cardiovascular Disease Professor Richard Bruckdorfer 10. Vitamins and Cardiovascular Disease Professor Robert Clarke 11. Influences of the Human Gut Microbiome Professor Julie Lovegrove and Dr Gemma Walton 12. Physical Activity - Where Are We Now? Professor Marie Murphy, Professor Steven Blair and Bridget Benelam 13. Diet and Cardiovascular Disease - Where Are We Now? Professor Judy Buttriss and Sarah Coe 14. Conclusions of the Task Force 15. Recommendations of the Task Force 16. Cardiovascular Disease: Answers to Common Questions References Index.

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#### Sommario/riassunto

"A comprehensive, accessible summary of the latest research in heart disease risk factors Cardiovascular Disease (CVD) is a major cause of early death and disability across the world. The major markers of risk—including high blood cholesterol, smoking, and obesity—are well known, but studies show that such markers do not account for all cardiovascular risk. Written by a team of renowned experts in the field, this comprehensive and accessible book examines the evidence for emerging and novel risk factors, and their relationship with diet and nutrition. Fully updated throughout, *Cardiovascular Disease: Diet, Nutrition and Emerging Risk Factors*, 2nd Edition covers everything from the epidemiology of cardiovascular disease, to genetic factors, to inflammation and much more — offering invaluable advice on reducing risk factors and preventing CVD. This new edition: Authoritatively reports on the link between emerging aspects of diet, lifestyle and cardiovascular disease risk Focuses on novel risk factors of CVD and how it can be prevented Is accessible to all levels of readers Features evidence-based recommendations for interventions and future research Includes references, commonly asked questions that summarise the take-home messages, and an online glossary *Cardiovascular Disease: Diet, Nutrition and Emerging Risk Factors*, 2nd Edition is an important book for researchers and postgraduate students in nutrition, dietetics, food science, and medicine, as well as for cardiologists and cardiovascular specialists"--

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