



האוניברסיטה העברית בירושלים  
הפקולטה לחקלאות, מזון וסביבה ע"ש רוברט ה. סמית  
המכון לביוכימיה, מדעי המזון והתזונה



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Title:

### **Effect and Safety of moderate wine and Mediterranean diet-induced changes on abdominal fat distribution in type 2 diabetes; The CARDiovaSCular Diabetes and Ethanol (CASCADE) RCT sub study**

המפגש יתקיים

ביום ב', 19 ינואר 2015, בשעה 13:00

מועדון סגל

(1/19/2015, 13:00, Faculty Club)

**Abstract:**

Recommendations for moderate alcohol consumption remain controversial, particularly in type-2-Diabetes (T2D). Long-term randomized controlled trials (RCT) are lacking. In the CASCADE RCT we assessed the risks and cardiometabolic effects of initiating moderate alcohol in T2D and the effect on abdominal fat re-distribution as measured by MRI. After two years, weight-loss was moderate -1.4 kg, with no significant decrease in total abdominal fat but favorable redistribution of abdominal adipose tissue (visceral-fat:-3.5%; subcutaneous-fat: +4.8%, mostly deep-subcutaneous;  $p<0.05$  vs. baseline). The decrease in HbA1c (-2.2%vs. +10%,  $p=0.015$ ), and the increase in both Mono-unsaturated-fatty-acids (MUFA) (%5.0% vs. -6.3%, $p=0.04$ ) and Poly-unsaturated-fatty-acids (PUFA) (+6.3% vs. -11.8%, $p=0.05$ ) were significantly greater among participants who reduced VAT compared to participants who increased VAT. The talk will describe findings from the CASCADE RCT study.

סגל וסטודנטים מוזמנים להשתתף

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