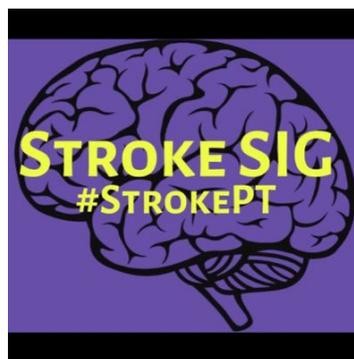


Abstract of the Month



October 2017

Hello all.

October, FOCUS on Nutrition!

Abstract of the month and helpful hints for you and your patients below.

Fight the Ghosts and Gobblers during the holidays!!

Stroke and Nutrition: A Review of Studies

Foroughi M, Akhavananzjani M, Maghsoudi Z, Ghasvand R, Khorvash F, Askari G.
Stroke and nutrition: a review of studies. *Int J Prev Med.* 2013;4(Suppl 2):S165-179.

BACKGROUND: Stroke is one of the leading causes of death and certainly the major cause of disability in the world. Diet and nutrient has an effective role in prevention and control of the risk of stroke. The aim of this study was to review the studies on the relationship between dietary intake and stroke incidence. **METHODS:** In this study, the terms of "Fat", "cholesterol", "antioxidant", "vitamins", "salt", "potassium", "calcium", "carbohydrate", "vegetables", "fruits", "meat", "tea", "whole grains", "sugar-sweetened beverages", "Mediterranean diet", "dietary approaches to stop hypertension diet (DASH diet)", "Western diet", and "stroke" were searched in Pubmed search engine. The observational studies, cohort studies, clinical trial studies, systemic review, and meta-analysis reviews are also included in this study. **RESULTS:** The study revealed that adherence to the improvements in nutrition and diet can reduce the incidence of stroke. Higher antioxidant, vitamins, potassium, calcium, vegetables, fruits, whole grain intake, and adherence to the Mediterranean diet or DASH diet can lower stroke incidence. **CONCLUSIONS:** Adherence to Mediterranean diet or DASH diet and increasing the consumption of antioxidant, vitamins, potassium, calcium food sources, vegetables, fruits, and whole grains intake can lower the risk of stroke. Healthy diet is effective in reducing risk of stroke, however, more studies need to be carried out in this area.

[Find/share healthy recipes for the holidays at the American Heart/Stroke Association.](#)

[Understand the role of PT and nutrition from the APTA guidelines.](#)

[Break up with salt, can it be done over the holidays?](#)

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