

МІНІСТЕРСТВО ОХОРОНИ ЗДОРОВ'Я УКРАЇНИ
БУКОВИНСЬКИЙ ДЕРЖАВНИЙ МЕДИЧНИЙ УНІВЕРСИТЕТ



МАТЕРІАЛИ
106-ї підсумкової науково-практичної конференції
з міжнародною участю
професорсько-викладацького колективу
БУКОВИНСЬКОГО ДЕРЖАВНОГО МЕДИЧНОГО УНІВЕРСИТЕТУ
03, 05, 10 лютого 2025 року

Конференція внесена до Реєстру заходів безперервного професійного розвитку,
які проводитимуться у 2025 році №1005249

Чернівці – 2025

УДК 61(063)

М 34

Матеріали підсумкової 106-ї науково-практичної конференції з міжнародною участю професорсько-викладацького колективу Буковинського державного медичного університету (м. Чернівці, 03, 05, 10 лютого 2025 р.) – Чернівці: Медуніверситет, 2025. – 450 с. іл.

У збірнику представлені матеріали 106-ї науково-практичної конференції з міжнародною участю професорсько-викладацького колективу Буковинського державного медичного університету (м. Чернівці, 03, 05, 10 лютого 2025 р.) зі стилістикою та орфографією у авторській редакції. Публікації присвячені актуальним проблемам фундаментальної, теоретичної та клінічної медицини.

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ISBN 978-617-519-135-4

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CARDIOVASCULAR RISK AND PREVENTION. INFLUENCE OF VEGETABLE DIETS

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Introduction. The high prevalence of cardiovascular disease (CVD) is associated with lifestyle factors, namely a diet high in animal fat and refined foods, smoking, and insufficient physical activity. An active approach to the prevention of CVD will significantly reduce the financial burden on the state with the costs of more expensive treatment, rather than prevention, and assistance to people with disabilities, and will improve the quality of life and health of people. About half of the deaths from cardiovascular disease caused by metabolic disorders could be prevented by dietary modification, particularly the use of plant-based (vegetarian and vegan) diets, which are effective.

The aim of the study. Theoretical analysis and summarization of literary sources for the justification of the use of various diets in cardiovascular diseases to reduce mortality and morbidity among persons with a high risk of CVD and to maintain the health status of people with a low risk of CVD through lifestyle correction.

Material and methods. We reviewed the most recent literature on the effect of a plant-based diet on the risk of development, course, and complications of cardiovascular and metabolic diseases, paying special attention to systematic reviews and meta-analyses, especially those based on randomized clinical trials.

Results. A plant-based, low-fat diet is the only dietary regimen that has been shown to cease and reverse the development of atherosclerotic plaques in clinical trials when combined with exercise and stress management. A plant-based diet is associated with a reduced risk of cardiovascular and metabolic disease in general, including a reduced risk of coronary heart disease and cerebrovascular disease. Risk factors associated with cardiovascular disease are also less common among those who eat a plant-based diet. In the European Prospective Study on Cancer and Nutrition, vegetarians had a 32% lower risk of coronary heart disease compared to non-vegetarians.

In a systematic review and meta-analysis of 8 prospective studies, a vegetarian diet was associated with a 40% lower risk of coronary heart disease and a 29% lower risk of cerebrovascular disease compared to non-vegetarians. A recent systematic review and meta-analysis of 86 cross-sectional and 10 prospective cohort studies found a significant effect of a plant-based diet in preventing coronary heart disease morbidity and/or mortality. The observed risk reduction, compared to a non-vegetarian diet, was 25%. These diets also cut the risk of developing metabolic syndrome and type 2 diabetes by about half. Well-planned plant-based diets are beneficial and effective for weight and glycemic control, and provide metabolic and cardiovascular benefits, including reductions in blood lipids and blood pressure. Several possible mechanisms may explain the beneficial metabolic effects of a plant-based diet: decreased caloric intake, increased fiber intake, decreased saturated fat and cholesterol intake, increased polyunsaturated and monounsaturated fatty acid intake, increased antioxidant and micronutrient intake, increased plant protein intake, and increased plant protein intake as well as increased consumption of plant sterols. Individuals at the highest CVD risk benefit most from preventive measures.

Conclusions. Plant-based diets are an effective means of prevention and treatment of metabolic diseases, and cardiovascular pathology. They show effectiveness in normalizing blood pressure and indicators of atherogenesis. The use of plant-based diets as a means of prevention and treatment of metabolic diseases should be promoted for patients with cardiovascular diseases.