A moderate red wine intake improves blood lipid parameters and erythrocytes membrane fluidity in post myocardial infarct patients.


Source
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Abstract
While the cardioprotective effect of moderate and regular wine consumption in primary prevention has been well documented, the goal of the present investigation was to explore the effect of wine intake on blood parameters (lipid, anti-oxidant capacity, and erythrocyte membrane potential and fluidity) in post myocardial infarct patients to evaluate perspectives in secondary prevention. A clinical intervention trial has been undertaken on a group of selected post myocardial infarct patients who gave written informed consent for participation in this study prior to enrolment. This two-week study has been conducted on hospitalized patients during a cardiac readaptation period. During this period, patients were submitted to a "Western prudent" diet (inspired by the Mediterranean diet) and two groups have been compared on a drawn basis: patients receiving red wine (250 mL daily) to patients receiving water. Physical, clinical, and blood parameters were evaluated on Days 1 and 14. The data show a positive effect of low wine consumption on blood parameters (decrease in total cholesterol and LDL; increase in erythrocyte membrane fluidity and antioxidant status). The results show that a moderate consumption of red wine even for a short period associated with a "Western prudent" diet improves various blood parameters in lipid and anti-oxidative status in patients with previous coronary ischemic accidents.

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