



Metabolic and Vascular Effects of Mediterranean Diet

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Message from the Guest Editor

Several studies reported that the protective effects of the Mediterranean diet (MedDiet) on cardiovascular and cerebrovascular events are being published. The scientific evidence level for each outcome is variable, and new studies are needed to better understand the molecular mechanisms whereby the MedDiet may exercise its effects. Here, we present recent advances in understanding the molecular basis of MedDiet effects, mainly focusing on cardiovascular diseases but also discussing other related diseases. We review MedDiet composition and assessment, as well as the latest advances in the genomic, epigenomic (DNA methylation, histone modifications, microRNAs, and other emerging regulators), transcriptomic (selected genes and whole transcriptome), metabolomic, and metagenomic aspects of the MedDiet effects (as a whole and for their most typical food components). We also present a review of the clinical effects of this dietary style underlying the biochemical and molecular effects of the Mediterranean Diet to better understand the most important molecular mechanisms whereby the MedDiet as a whole, or its main food components, may exercise their protective effects.





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Message from the Editor-in-Chief

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