## HEART HEALTH

### Red Meat Linked to Heart Disease in Women with Diabetes

A new study finds increased iron intake and red meat consumption add additional risk for heart disease among women with type 2 diabetes. Researchers from the Harvard School of Public Health studied 6,161 women with type 2 diabetes from the Nurses’ Health Study. Women with the highest intake of heme iron (iron found mainly in red meats, poultry, and fish) had a 50 percent greater risk of coronary heart disease than those with the lowest intake. Red meat in particular was associated with an increased risk. Adults with diabetes are already at least twice as likely as others to have heart disease or a stroke.


## BONE HEALTH

### Plant Sources of Omega-3 Fatty Acids Beneficial to Bone Health

A study at Pennsylvania State University showed that omega-3 fatty acids from plant sources (for example, walnuts and flaxseed) promote bone formation and inhibit bone loss. A randomized crossover study looked at 23 adult participants on three different diets with varying ratios of omega-6 to omega-3 acids. The group with the lowest omega-6-to-omega-3 ratio had significantly lower levels of a biomarker for bone loss compared with the other two groups. Experts often emphasize the ratio (with a smaller ratio being ideal) of omega-6 to omega-3 and not the total consumption of omega-3. Consumption of walnuts and flaxseed has also shown a beneficial effect on risk of cardiovascular disease.


### Medical Students and Vegetarian Diets

A new study shows that many medical students now follow vegetarian diets and that these students had better health and improved nutrition compared with their non-vegetarian classmates. Emory University researchers examined the prevalence of vegetarian diet patterns among nearly 900 medical students and found that 7.2 percent of students identified themselves as vegetarians. This number declined slightly throughout the years of medical school, paralleling an unfortunate overall decline in positive health-related habits among doctors in training.
