

Press release

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Basic information

Name: Anne Sofie Dam Laursen

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Department of: Public Health

Main supervisor: Professor Kim Overvad, Research Unit for Epidemiology, Department of Public Health, Aarhus University

Title of dissertation: An epidemiological investigation of dairy product intake and risk of stroke.

Date for defence: 6. September 2019 at (time of day): 13:00 Place: Det Blå Auditorium, Bygning 1266, lok. 2.22, Vennelyst Boulevard 4, 8000 Aarhus C

Press release (Danish)

Indtag af mejeriprodukter og udvikling af slagtilfælde

"En epidemiologisk undersøgelse af indtaget af mejeriprodukter og udvikling af slagtilfælde" er et nyt ph.d.-projekt fra Aarhus Universitet, Health. Projektet er gennemført af Anne Sofie Dam Laursen, cand.scient i human ernæring, der forsvare det d. 06/09

Det anbefales at vælge mejeriprodukter med lavt fedtindhold frem for højt fedtindhold for at forebygge slagtilfælde. Fedt i mejeriprodukter er overvejende mættet fedt, og menes derfor at kunne øge risikoen for hjertekarsygdom gennem en negativ indflydelse på lipider i blodet, hvorfor danske kostanbefalinger også anbefaler befolkningen at vælge magre frem for fede mejeriprodukter. Eksisterende forskning giver dog ikke et entydigt billede af sammenhængen mellem indtag af mejeriprodukter og udvikling af slagtilfælde. Formålet med dette projekt var derfor at belyse betydningen af indtag af forskellige mejeriprodukter for udviklingen af alle slagtilfælde samt undertyper af slagtilfælde. Projektet er baseret på data fra en dansk befolkningsundersøgelse, Kost, kræft og helbred, samt en hollandsk befolkningsundersøgelse, European Prospective Investigation into Cancer and Nutrition-Netherlands (EPIC-NL). Den danske undersøgelse inkluderede 57.053 mænd og kvinder i alderen 50-64 år og under opfølgningen blev der registreret 2.272 slagtilfælde. Den hollandske undersøgelse inkluderede 40.011 mænd og kvinder i alderen 21-70 år og under opfølgningen blev der registreret 884 slagtilfælde. Projektets resultater peger på at indtag af fede surmælksprodukter fremfor øvrige mejeriprodukter, uanset fedtindhold, er forbundet med en lavere risiko for udvikling af iskæmiske slagtilfælde.

Forsvaret af ph.d.-projektet er offentligt og finder sted den 06/09 kl. 13.00 i Det Blå Auditorium, bygning 1266, lok. 2.22 Aarhus Universitet, Vennelyst Boulevard 4, 8000 Aarhus C. Titlen på projektet er "An epidemiological investigation of dairy product intake and risk of stroke". Yderligere oplysninger: Ph.d.-studerende Anne Sofie Dam Laursen, e-mail: asdl@clin.au.dk, tlf. 21844284.

Bedømmelsesudvalg:

Professor Mette Nørgård, Klinisk Epidemiologisk Afdeling, Klinisk Institut, Aarhus Universitet, Aarhus, Danmark (Formand).

Professor Alicja Wolk, Institute of Environmental Medicine, Cardiovascular and Nutritional Epidemiology, Karolinska Institutet, Stockholm, Sverige.

Lektor Christine Dalgård, Research Unit of Environmental Medicine, Department of Public Health, Syddansk Universitet, Odense, Danmark.

Press release (English)

Dairy product intake and risk of stroke

"An epidemiological investigation of dairy product intake and risk of stroke" is a new PhD project from Aarhus University, Faculty of Health. The project was carried out by Anne Sofie Dam Laursen, MSc in Human Nutrition, who is defending her dissertation on 06/09.

Diet is a target for stroke prevention with low-fat dairy products being an integral part of the recommended diet. Dairy fats, which are predominantly saturated, could increase stroke risk through an adverse effect on lipid profile and accordingly, current Danish dietary guidelines advise the population to choose low-fat dairy products instead of whole-fat dairy products. However, results from follow-up studies have yet to determine the role of dairy fat in relation to stroke risk. The aim of this PhD project was, therefore, to contribute to the clarification of the role of intake of different dairy products in relation to the risk of total stroke and stroke subtypes. The project is based on data from the Danish cohort Diet, Cancer and Health and the Dutch arm of the European Investigation into Cancer and Nutrition cohort, both of which were recruited in 1993-1997. The Danish cohort recruited 57,053 men and women aged 50-64 years and during follow-up, 2,272 stroke cases were recorded. The Dutch cohort recruited 40,011 men and women aged 21-70 years and during follow-up, 884 stroke cases were recorded. The results suggest that intake of whole-fat yoghurt products in place of other dairy products, regardless of fat content, is associated with lower risk of ischemic stroke.

The defence is public and takes place on 06/09 at 13:00 in Det Blå Auditorium, building 1266, room 2.22, Aarhus University, Vennelyst Boulevard 4, 8000 Aarhus C. The title of the project is "An epidemiological investigation of dairy product intake and risk of stroke". For more information, please contact PhD student Anne Sofie Dam Laursen, email: asdl@clin.au.dk, Phone +45 21844284.

Assessment committee:

Professor Mette Nørgård, Department of Clinical Epidemiology, Institute of Clinical Medicine, Aarhus University, Aarhus, Denmark (Chair).

Professor Alicja Wolk, Institute of Environmental Medicine, Cardiovascular and Nutritional Epidemiology, Karolinska Institutet, Stockholm, Sweden.

Associate Professor Christine Dalgård, Research Unit of Environmental Medicine, Department of Public Health, University of Southern Denmark, Odense, Denmark.

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