

PREVIEW_ David Diamond - Presentation (Breckenridfge 2018) 1

Prof. David Diamond: Here is a great paper reviewing carbohydrate restriction as the first approach to the treatment of diabetes, everything we've been seeing in this meeting. And so you see all the biomarkers are going in the right direction.

But there is the elephant in the room. It's in the room, it's hanging over your shoulders, everything goes right, you lose weight, you drop your blood pressure, you drop triglycerides, you increase your HDL, but your LDL goes up.

So now you think you have to go on the statin because your LDL is going to increase your risk of heart disease. So we've seen this a lot. Where did that come from, this idea that LDL causes heart disease?

Of course we've seen often now Ancel Keys who came up with this idea completely unjustified, without any basis whatsoever, to say that you eat saturated fat, you increase your cholesterol which then damages your arteries.

This is 1961, perpetuated by the American Heart Association to this day. But it wasn't just Ancel Keys who came up with this. We've also got the second level. That connection of cholesterol to heart disease was by Brown and Goldstein, winners of the Nobel Prize who tried and declared LDL guilty of causing heart disease, not just a risk factor.

In 1984 they said there is a causal relation between high LDL and atherosclerosis. So all they needed at the time then would be some data to prove that they were right.