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Contact: Shari Leventhal: 202-416-0658, sleventhal@asn-online.org (before Nov. 8)
November 8: ASN Management Office, Pennsylvania Convention Center, Room 304, (215) 418-2061
Wednesday, Nov. 9–Sunday, Nov. 13: ASN Press Room, Pennsylvania Convention Center, Room 303B, (215) 418-2058 (Press Room), 202-236-8142 (after hours)

**DIET AND EXERCISE LINKED TO HEART DISEASE AND
TYPE 2 DIABETES PREVENTION**

Philadelphia, PA (November 3, 2005) — Coronary heart disease and type 2 diabetes may be preventable for most people, according to the results of a 25-year study to be presented at the American Society of Nephrology's 38th Annual Meeting and Scientific Exposition in Philadelphia, Pennsylvania.

More than 80% of coronary heart disease cases and 90% of type 2 diabetes cases could potentially be prevented with modest lifestyle changes, especially by becoming more aware of one's diet, according to Dr. Walter Willett, Chairman of the Department of Nutrition at the Harvard School of Public Health. The best diets are the ones that focus on types of carbohydrates and fats, rather than the amount of intake.

“Trans fats are by far the worst type of fat, in part because they have adverse effects on inflammatory factors as well as blood lipids,” Dr. Willett said.

The study found that lifestyle changes may also reduce the risk of a variety of other diseases and conditions. For example, increasing vitamin D intake may reduce the risks of cancer and osteoporosis.

Dr. Willett will present an overview of his findings on diet and health over the past decade at the Closing Plenary Session, “Diet and Optimal Health: A Progress Report,” on Saturday, November 12 at 8:00 am in Hall C of the Pennsylvania Convention Center.

The ASN is a not-for-profit organization of 9,000 physicians and scientists dedicated to the study of nephrology and committed to providing a forum for the promulgation of information regarding the latest research and clinical findings on kidney diseases. ASN's Renal Week 2005, the largest nephrology meeting of its kind, will provide a forum for more than 12,000 nephrologists to discuss the latest findings in renal research and engage in educational sessions relating advances in the care of patients with kidney and related disorders from November 8-13 at the Pennsylvania Convention Center in Philadelphia, PA.

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