

A French research based on an epidemiologic study on 8,000 people in three different cities for five years assessed the relationship between the consumption of olive oil and strokes

by Ernesto Vania

The olive oil seems to be able to prevent strokes in the over 65. This is the result of a study held in France at the University of Bordeaux together with the National Institute of Health and Medical Research (INSERM) of Bordeaux.

The research, published on Neurology (official journal of the American Academy of Neurology), examined the clinical conditions of 7,625 people over 65 in three different cities. All the examined people did not suffered any episode of stroke before and were in general good health conditions.

The population was divided in three categories according to their consumption of olive oil: none, moderate and high.

The category “none” was composed by people not consuming any olive oil at all; the category “moderate” by people employing oil as a dressing; and the category “high” by people with an high an regular consumption of olive oil.

In this way the research team lead by Dr. Samieri discovered that the people with a moderate or high consumption of olive oil presented a risk of stroke the 41% lower than people not using the oil at all (category “none”).

This evaluation took place by normalizing for other factors influencing the risk of stroke, such as training and body mass index.