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*New England Journal of Medicine* • *Open Access* • Volume 368, Issue 14, Pages 1279 - 1290 • 4 April 2013

## Primary prevention of cardiovascular disease with a Mediterranean diet

Estruch, Ramón<sup>a, b, c</sup> ; Ros, Emilio<sup>a, d</sup>; Salas-Salvadó, Jordi<sup>a, b, e</sup>;  
 Covas, Maria-Isabel<sup>a, f</sup>; Corella, Dolores<sup>a, g</sup>; Arós, Fernando<sup>b, h</sup>;  
 Gómez-Gracia, Enrique<sup>b, i</sup>; Ruiz-Gutiérrez, Valentina<sup>j</sup>; Fiol, Miquel<sup>a, k</sup>;  
 Lapetra, José<sup>a, l</sup>; Lamuela-Raventos, Rosa María<sup>a, b, m</sup>; Serra-Majem, Lluís<sup>b, n</sup>

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Prevalence and risk factors for vascular calcification based on the ankle-brachial index in the general population: a cross-sectional study

Chen, S. , Li, N. , Gao, Y. (2022) *BMC Cardiovascular Disorders*

"Planeterranean" Diet: extending worldwide the health benefits of Mediterranean Diet based on nutritional properties of locally available foods

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ORIGINAL ARTICLE

## Primary Prevention of Cardiovascular Disease with a Mediterranean Diet

Ramón Estruch, M.D., Ph.D., Emilio Ros, M.D., Ph.D., Jordi Salas-Salvadó, M.D., Ph.D., Maria-Isabel Covas, D.Pharm., Ph.D., Dolores Corella, D.Pharm., Ph.D., Fernando Arós, M.D., Ph.D., Enrique Gómez-Gracia, M.D., Ph.D., Valentina Ruiz-Gutiérrez, Ph.D., Miquel Fiol, M.D., Ph.D., José Lapetra, M.D., Ph.D., Rosa Maria Lamuela-Raventos, D.Pharm., Ph.D., Lluís Serra-Majem, M.D., Ph.D., *et al.*, for the PREDIMED Study Investigators\*

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### Abstract

**BACKGROUND**  
Observational cohort studies and a secondary prevention trial have shown an inverse association between adherence to the Mediterranean diet and cardiovascular risk. We conducted a randomized trial of this diet pattern for the primary prevention of cardiovascular events.

**METHODS**

April 4, 2013  
N Engl J Med 2013; 368:1279-1290  
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**Foreign DNA capture during CRISPR–Cas adaptive immunity**

pp. 535–538 - Nuñez, James K.; Harrington, Lucas B.; Kranzusch, Philip J.; ... Doudna, Jennifer A.

Bacteria and archaea generate adaptive immunity against phages and plasmids by integrating foreign DNA of specific 30-40-base-pair lengths into clustered regularly interspaced short palindromic repeat (CRISPR) loci as spacer segments. The universally conserved Cas1-Cas2 integrase complex catalyses spacer acquisition using a direct nucleophilic integration mechanism similar to retroviral integrases and transposases. How the Cas1-Cas2 complex selects foreign DNA substrates for integration remains unknown. Here we present X-ray crystal structures of the Escherichia coli Cas1-Cas2 complex bound to cognate 33-nucleotide protospacer DN...



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**RETRACTED ARTICLE: Endoperoxide formation by an  $\alpha$ -ketoglutarate-dependent mononuclear non-haem iron enzyme**

pp. 539–543 - Yan, Wupeng; Song, Heng; Song, Fuhang; ... Jessie Zhang, Yan



**Erratum: Corrigendum: A basal ichthyosauriform with a short snout from the Lower Triassic of China**

p. 544 - Motani, Ryosuke; Jiang, Da-Yong; Chen, Guan-Bao; ... Huang, Jian-Dong



**Erratum: Corrigendum: Influence maximization in complex networks through optimal percolation**

p. 544 - Morone, Flaviano; Makse, Hernán A.



**Retraction Note: Non-blinking semiconductor nanocrystals**

p. 544 - Wang, Xiaoyong; Ren, Xiaofan; Kahen, Keith; ... Krauss, Todd D.

