

**The latest study published this week on olive oil and health appeared this week in the journal "Neurology" causes a brutal media impact in the main international media**

The study of the three cities (Bordeaux, Dijon and Montpellier), conducted by the National Institute of Medical Health of France on more than 7,600 patients over 65 years of age shows that consuming olive oil in the diet decreases by 41% the risk of suffering strokes in older people. New York Times, Wall Street Journal, BBC or CNN echo the news

Cécilia Samiere, from the University of Bordeaux, is the lead author of the new paper that has just seen the light of day in the latest 'Neurology'. 7 have participated in it. 625 people aged 65 and over, residing in three French cities: Bordeaux, Dijon and Montpellier.

"The high consumption of olive oil is one of the most constant features of the Mediterranean diet, and can account for most of its cardioprotective properties: it contains 80% monounsaturated fatty acids (MUFA), in the form of oleic acid, 20% polyunsaturated fat, several antioxidant components, including phenolic compounds found in virgin olive. Its use has been associated with a decreased risk of myocardial infarction, reduces the chances of death from all causes after a heart attack... Olive oil is the only component of the Mediterranean diet that has found a reduction in blood pressure in a large European study," the researchers highlight.

In their trial, none of the participants had a prior history of stroke. The authors looked for the association between olive oil consumption or plasma oleic acid levels and strokes at five years of follow-up of all of them. In addition, all the factors that could alter the results were taken into account, such as diet, physical exercise, body mass index or risk factors (tobacco, alcohol, hypertension, among others) for stroke.

The data reveal that those who consumed frequently (for cooking or raw) the star ingredient of the Mediterranean diet had a 41% lower risk of suffering a stroke compared to those who never used it in their diet.

Following these results, the authors propose that the "elaboration of the new dietary guidelines include virgin olive oil to prevent stroke in people aged 65 years or older."

Dr. Masjuán insists that "the data from the trial serve to further emphasize the need for the population to be faithful to the Mediterranean diet. We are currently witnessing a significant increase in cases of stroke between the ages of 35 and 55 due to risk factors such as stress, poor eating habits so insist to this sector of the population, as well as the rest, the need to consume olive oil and follow the Mediterranean diet would have great benefits."

The journal 'Neurology' is one of the most prestigious so, if the data of the French work is confirmed, it is very likely that future guidelines will include the consumption of 'liquid gold' frequently.

In AEMO we have monitored this news in the national and international media and the media impact has been very large, generating more than 300 digital news in such important media as New York Times, Wall Street Journal, BBC or CNN, or in the main national newspapers such as El País, El Mundo or ABC.

Once again, the binomial olive oil and health once again stands as the great hope and the powerful engine of the increase in world consumption.

A study by the French National Institute of Medical Health shows that consuming olive oil decreases the risk of stroke in older people by 41%

Consuming olive oil decreases the risk of stroke by 41% (Neurology)

Consuming olive oil decreases the risk of stroke by 41% (Study of the French National Institute of Medical Health)