PREDIMED (olive oil) 2013

ISRCTN35739639

1 Treatments

Studied treatment  Mediterranean diet supplemented with extra-virgin olive oil
Participants received quarterly individual and group educational sessions and, depending on group assignment, free provision of extra-virgin olive oil, or small nonfood gifts

Control treatment  control diet (advice to reduce dietary fat)

Concomittant treatments  -

2 Patients

Patients  participants who were at high cardiovascular risk, but with no cardiovascular disease

Inclusion criteria  -

Exclusion criteria  -

3 Methods

Blinding  open

Design  Parallel groups

Centers  multicenter

Geographical area  Spain

Sizes  2543/2450

4 Results

<table>
<thead>
<tr>
<th>Endpoint</th>
<th>T1</th>
<th>T0</th>
<th>d</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>stroke</td>
<td>49/2543</td>
<td>58/2450</td>
<td>0,67</td>
<td>[0,46; 0,98]</td>
</tr>
<tr>
<td>myocardial infarction</td>
<td>37/2543</td>
<td>38/2450</td>
<td>0,80</td>
<td>[0,51; 1,26]</td>
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<tr>
<td>death from all cause</td>
<td>118/2543</td>
<td>114/2450</td>
<td>0,82</td>
<td>[0,63; 1,06]</td>
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<tr>
<td>Cv events</td>
<td>96/2543</td>
<td>109/2450</td>
<td>0,70</td>
<td>[0,53; 0,92]</td>
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<td>CV death</td>
<td>26/2543</td>
<td>30/2450</td>
<td>0,69</td>
<td>[0,41; 1,16]</td>
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<tr>
<td>all cause deaths</td>
<td>118/2543</td>
<td>114/2450</td>
<td>1,00</td>
<td>[0,77; 1,30]</td>
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</tbody>
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5 References