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Wednesday, April 21, 2010

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Extraordinary! Swank and Zamboni agree on the cause of MS

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**George Jelinek**

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But Swank took things further than Zamboni. He postulated a cause for these small blood vessel obstructions and decrease in blood flow: on p86 he says: "A search for a mechanism that could cause both an interference with, and slowing down of, the cerebral... blood flow, and breakdown of the blood-brain barrier in the central nervous system, leads to a consideration of the circulatory changes that have been observed in a number of species, including man, following large saturated fat meals." And of course he followed this up with an intervention trial, where he gave people with MS a low saturated fat diet, with startling results.

It is extraordinary that we in the medical profession have ignored Swank's work for so long. In hindsight, not only did he develop his theories from basic observational epidemiological studies, as we do today, but he did laboratory work to confirm the likely causes of circulatory problems in MS, and then actually showed that changing the diet from saturated to unsaturated fats stopped disease progression.

Today, we accept that saturated fat causes many of the circulatory diseases in Western society, including heart disease, peripheral vascular disease, stroke, and so on. These diseases are characterised by narrowing of vessels and reduced blood flow. Zamboni's contribution has been to focus us again on this mechanism in MS, like the others, a typically Western disease. As with the other diseases, Zamboni's work suggests that once the damage is done, opening up the narrowed vessels surgically provides temporary relief; but Swank's lifelong research makes us realise that, in all probability, if we wish to make a real difference long term, dramatic dietary changes are necessary.

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