



Volume 5: Comparison of Translational Patterns in Two Nutrient-Disease Associations: Nutritional Research Series - Technical Review 17

By U. S. Department of Health and Human Services

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 50 pages. Dimensions: 11.0in. x 8.5in. x 0.1in. Observational data have suggested a strong association between a number of dietary factors and chronic disease risk. However, randomized controlled trials (RCTs) designed to assess the efficacy of these dietary factors with respect to health outcomes have yielded, for the most part, negative results. The outcomes of these trials were both disappointing to the health care community and confusing to the general public. The trials were expensive to conduct, and in some cases, they identified adverse effects of nutrient supplementation. The discrepancies raised serious questions about the currently used approach for determining whether the evidence base is adequate to justify launching a large-scale RCT, with hard endpoints as the outcome measure. Deciding which specific nutrient-disease association to further evaluate in human intervention trials is challenging. Apart from the expected impact of a nutritional intervention on public health, and the feasibility and logistics of conducting a trial, additional critical components need to be factored into the decision. These pertain to the maturity and reliability of the relevant evidence base that is, the strength of the data supporting a potential nutrient-disease association, the...



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-- **Dr. Everett Dicki DDS**