

Antioxidants, inflammation and cardiovascular disease

Harald Mangge, Kathrin Becker, Fuchs Dietmar, Johanna M Gostner

Harald Mangge, Research Unit on Lifestyle and Inflammation associated Risk Biomarkers, Clinical Institute of Medical and Chemical Laboratory Diagnosis, Medical University of Graz, 8036 Graz, and BioTechMed-Graz, Austria

Harald Mangge, BioTechMed, 8036 Graz, Austria
Kathrin Becker, Fuchs Dietmar, Division of Biological Chemistry, Biocenter, Innsbruck Medical University, 6020 Innsbruck, Austria

Johanna M Gostner, Division of Medical Biochemistry, Biocenter, Innsbruck Medical University, 6020 Innsbruck, Austria

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Correspondence to: Dr. Fuchs Dietmar, Division of Biological Chemistry, Biocenter, Innsbruck Medical University, Innrain 80, 6020 Innsbruck, Austria. dietmar.fuchs@i-med.ac.at

Telephone: +43-512-900370350 Fax: +43-512-900373110

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Abstract

Multiple factors are involved in the etiology of cardiovascular disease (CVD). Pathological changes occur in a variety of cell types long before symptoms become apparent and diagnosis is made. Dysregulation of physiological functions are associated with the activation of immune cells, leading to local and finally systemic inflammation that is characterized by production of high levels of reactive oxygen species (ROS). Patients suffering from inflammatory diseases often present with diminished levels of antioxidants either due to insufficient dietary intake or, and even more likely, due to increased demand in situations of overwhelming ROS production by activated immune effector cells like macrophages. Antioxidants are suggested to beneficially interfere with diseases-related oxidative stress, however the interplay of endogenous and exogenous antioxidants with the overall redox system is complex. Moreover, molecular mechanisms underlying oxidative stress in CVD are not fully elucidated. Metabolic dybalances are suggested to play a major role in disease onset and progression. Several central signaling pathways involved in the

regulation of immunological, metabolic and endothelial function are regulated in a redox-sensitive manner. During cellular immune response, interferon γ -dependent pathways are activated such as tryptophan breakdown by the enzyme indoleamine 2,3-dioxygenase (IDO) in monocyte-derived macrophages, fibroblasts, endothelial and epithelial cells. Neopterin, a marker of oxidative stress and immune activation is produced by GTP-cyclohydrolase 1 (GTP-CH-1) in macrophages and dendritic cells. Nitric oxide synthase (NOS) is induced in several cell types to generate nitric oxide (NO). NO, despite its low reactivity, is a potent antioxidant involved in the regulation of the vasomotor tone and of immunomodulatory signaling pathways. NO inhibits the expression and function of IDO. Function of NOS requires the co-factor tetrahydrobiopterin (BH₄), which is produced in humans primarily by fibroblasts and endothelial cells. Highly toxic peroxynitrite (ONOO⁻) is formed solely in the presence of superoxide anion (O₂⁻). Neopterin and kynurenine to tryptophan ratio (Kyn/Trp), as an estimate of IDO enzyme activity, are robust markers of immune activation *in vitro* and *in vivo*. Both these diagnostic parameters are able to predict cardiovascular and overall mortality in patients at risk. Likewise, a significant association exists between increase of neopterin concentrations and Kyn/Trp ratio values and the lowering of plasma levels of vitamin-C, -E and -B. Vitamin-B deficiency is usually accompanied by increased plasma homocysteine. Additional determination of NO metabolites, BH₄ and plasma antioxidants in patients with CVD and related clinical settings can be helpful to improve the understanding of redox-regulation in health and disease and might provide a rationale for potential antioxidant therapies in CVD.

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Key words: Atherogenesis; Cardiovascular disease; Neopterin; Nitric oxide; Tetrahydrobiopterin; Tryptophan; Oxidative stress; Homocysteine; Vitamins; Antioxidative therapy

Core tip: Crosstalk between a number of pathways in-

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developments such as the test that can be done to measure the omega 3 status of one's own tissues the Omega 3 Index which can give many years of early warning so that one can take preventive steps and decrease the odds of a heart attack stroke or kidney disease It explains why a Mediterranean diet plan rich in omega 3 and omega 6 fatty acids is protective and it features a six day meal plan with recipes that will improve body levels of omega 3s This book helps readers understand the differences between various sources of omega 3 fatty acids namely flaxseed vs fish oil vs algae derived oils Features Provides evidence based information on why blood vessels require omega 3 fatty acids to maintain health Details best sources of the various fatty acids including plant based sources Includes at home tests to assess cardiovascular status Presents literature on how to improve chances of avoiding heart attacks peripheral arterial disease strokes kidney disease and Type 2 diabetes The Omega Factor Promoting Health Preventing Premature Aging and Reducing the Risk of Sudden Cardiac Death is an essential resource for healthcare professionals clinicians and dietitians as well as for the reader who aims to achieve the goal of a much longer health span not just a longer lifespan Books In Print 2004-2005 Ed Bowker Staff,Staff Bowker, Ed,2004

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Reviewing **Proceedings Of The International Meeting On Antioxidants Inflammation Cardiovascular And Ophthalmic Diseases**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Proceedings Of The International Meeting On Antioxidants Inflammation Cardiovascular And Ophthalmic Diseases**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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web on the morning of the factory tour veruca s parents have to restrain her so she doesn t scale the fence and enter the factory grounds before mr wonka is ready for them during the tour whenever veruca comes across something wonderful or interesting she shouts to mr salt that she wants it

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