

Προστασ&̂ασ&̂, η κα,
 Γενοβ&̂φα Κολοβο&̂,
 Αναπληρ&̂τρια
 Διευθ&̂ντρια
 Ων&̂σειου
 Καρδιοχειρουργικο&̂ Κ&̂ντρου & Πρ&̂εδροσ&̂;
 τησ&̂; Ελληνικ&̂σ&̂;
 Εταιρε&̂ασ&̂;
 Αθηηροσκλ&̂ρωσησ&̂, ο&̂;
 κ&̂. Αντ&̂νησ&̂; Ζαμπ&̂λασ&̂,
 Αναπληρωτ&̂σ&̂;
 Καθηηγητ&̂σ&̂; Διατροφ&̂σ&̂;
 του Ανθρ&̂&̂που του
 Γεωπονικο&̂
 Πανε&psilon;πιστημ&̂ου Αθηην&̂ν &
 Πρ&̂εδροσ&̂; Ελληηνικ&̂σ&̂;
 Εταιρε&̂ασ&̂;
 Λιπιδιολογ&̂ασ&̂; και&̂;
 Αθηηροσκλ&̂ρωσησ&̂;
 καιοικ&̂. Εμμανου&̂λ&̂;
 και& Κωνσταν&̂νοσ&̂;
 Δομαζ&̂κησ&̂, Πρ&̂εδροσ&̂; &
 Αντιπρ&̂εδροσ&̂; τησ&̂; Creta Farm.

̂πωσ&̂; τ&̂νισε&̂ ο&̂. Δ&̂.
 Κρεμαστιν&̂σ&̂, στουσ&̂;
 βασικο&̂σ&̂;
 παρ&̂γοντεσ&̂; πρ&̂εληηψησ&̂;
 τησ&̂; στεφανια&̂ασ&̂;
 ν&̂σου
 συγκαταλ&̂γεταιη&̂;
 μεσογειακ&̂δ&̂αιτα‐
 κ&̂ριοσυστατικ&̂ετησ&̂;
 οπο&̂ασ&̂; ε&̂ναιτολ&̂δι&-, η&̂;
 συστηματικ&̂&̂
 καταπολ&̂μησητων&̂;
 παραγ&̂ντων& κινδ&̂νου
 (κ&̂πνισμα&, υπ&̂ρταση&̂,
 παχυσαρκ&̂α&̂), ο&̂ τρ&̂εποσ&̂;
 ζω&̂σ&̂, η& οργααωμ&̂νη& κααι&̂;
 γκυρη& πληηροφ&̂ερηση&̂;
 του κοινο&̂ κααι&̂;
 τ&̂λοσ&̂; τα& φ&̂ρμακαωσ&̂;
 δευτερογεν&̂σ&̂;
 επ&̂πεδο& πρ&̂εληηψησ&̂.

ιδια&̂τερησ&̂; προσοχ&̂σ&̂;
 χρ&̂ζουν οι ανωτ&̂ρω&̂;
 παρ&̂γοντεσ&̂, καθη&̂σ&̂;
 ̂πωσ&̂; επεσ&̂μανε&̂ η κα&̂;
 Κολοβο&̂ κατ&̂ τη&̂;
 δι&̂ρκεια τησ&̂; ομιλ&̂ασ&̂;
 τησ&̂, οι&̂;
 καρδιαγγειακ&̂σ&̂;
 παθ&̂σεισ&̂; ε&̂ναι& σ&̂μερα&̂;
 η κ&̂ρια αιτ&̂αθηαν&̂του
 στισ&̂; αναπτυγμ&̂νεσ&̂;
 χ&̂ρεσ&̂. Στην Ελλ&̂δα&̂;
 ειδικ&̂ετερα&, τα&̂;
 τελευτα&̂α& χρ&̂ενια&̂;
 παρατηρε&̂ται α&̂ξηση&̂;
 των καρδιαγγειακ&̂&̂ν&̂;
 επεισοδ&̂ων σε&̂;
 αντ&̂θεεση& με&psilon;&psilon;& τισ&̂;

$\hat{\Gamma} \rightarrow \lambda; \lambda; \epsilon; \sigma; \mu; \epsilon; \sigma; \omicron; \gamma; \epsilon; \iota; \alpha; \kappa; \hat{\Gamma} \rightarrow \sigma; \chi; \check{\rho}; \epsilon; \sigma; \pi; \lambda; \hat{\Gamma} \rightarrow \tau; \tau; \omicron; \nu; \tau; \alpha; \sigma; \alpha; \pi; \hat{\Gamma} \rightarrow \omega; \sigma; 84$
 $\hat{\Gamma} \rightarrow \tau; \omicron; \mu; \alpha; \alpha; \nu; \hat{\Gamma} \rightarrow 100.000$
 $\kappa; \alpha; \tau; \omicron; \hat{\Gamma} \rightarrow \kappa; \omicron; \upsilon; \sigma;$

$\Pi; \alpha; \rho; \hat{\Gamma} \rightarrow \lambda; \lambda; \eta; \lambda; \alpha; \epsilon; \alpha; \theta; \eta; \rho; \omicron; \sigma; \kappa; \lambda; \hat{\Gamma} \rightarrow \rho; \omega; \sigma; \eta; \tau; \omega; \nu;$
 $\sigma; \tau; \epsilon; \phi; \alpha; \nu; \iota; \alpha; \hat{\Gamma} \rightarrow \omega; \nu;$
 $\alpha; \gamma; \gamma; \epsilon; \hat{\Gamma} \rightarrow \omega; \nu; \epsilon; \omicron; \pi; \omicron; \hat{\Gamma} \rightarrow \alpha;$
 $\sigma; \upsilon; \nu; \hat{\Gamma} \rightarrow \theta; \omega; \sigma; \omicron; \delta; \eta; \gamma; \epsilon; \hat{\Gamma} \rightarrow \sigma; \epsilon;$
 $\sigma; \omicron; \beta; \alpha; \rho; \hat{\Gamma} \rightarrow \sigma; \kappa; \lambda; \iota; \nu; \iota; \kappa; \hat{\Gamma} \rightarrow \sigma;$
 $\kappa; \alpha; \tau; \alpha; \sigma; \tau; \hat{\Gamma} \rightarrow \sigma; \epsilon; \iota; \sigma; \hat{\Gamma} \rightarrow \pi; \omega; \sigma; \tau; \omicron;$
 $\hat{\Gamma} \rightarrow \mu; \phi; \rho; \alpha; \gamma; \mu; \alpha; \tau; \omicron; \upsilon;$
 $\epsilon; \omicron; \kappa; \alpha; \rho; \delta; \hat{\Gamma} \rightarrow \omicron; \upsilon; \delta; \epsilon; \nu;$
 $\epsilon; \omicron; \hat{\Gamma} \rightarrow \nu; \alpha; \iota; \mu; \hat{\Gamma} \rightarrow \alpha; \lambda; \omega; \epsilon; \xi; \eta; \epsilon;$
 $\omicron; \pi; \omicron; \hat{\Gamma} \rightarrow \alpha; \epsilon; \sigma; \mu; \phi; \alpha; \nu; \hat{\Gamma} \rightarrow \zeta; \epsilon; \tau; \alpha; \iota;$
 $\xi; \alpha; \phi; \nu; \iota; \kappa; \hat{\Gamma} \rightarrow \alpha; \pi; \hat{\Gamma} \rightarrow \nu; \alpha; \mu; \iota; \kappa; \rho; \hat{\Gamma} \rightarrow \beta; \iota; \omicron;$
 $\alpha; \lambda; \lambda; \hat{\Gamma} \rightarrow \alpha; \pi; \omicron; \tau; \epsilon; \lambda; \epsilon; \hat{\Gamma} \rightarrow \mu; \hat{\Gamma} \rightarrow \alpha;$
 $\delta; \iota; \epsilon; \rho; \gamma; \alpha; \sigma; \hat{\Gamma} \rightarrow \alpha; \eta; \omicron; \pi; \omicron; \hat{\Gamma} \rightarrow \alpha;$
 $\xi; \epsilon; \kappa; \iota; \nu; \hat{\Gamma} \rightarrow \alpha; \pi; \hat{\Gamma} \rightarrow \pi; \omicron; \lambda; \hat{\Gamma} \rightarrow \epsilon; \rho; \hat{\Gamma} \rightarrow$
 $\eta; \lambda; \iota; \kappa; \hat{\Gamma} \rightarrow \alpha;$

$\Sigma; \upsilon; \nu; \epsilon; \pi; \check{\rho}; \sigma; \beta; \alpha; \sigma; \iota; \kappa; \hat{\Gamma} \rightarrow \alpha; \hat{\Gamma} \rightarrow \tau; \iota; \omicron;$
 $\sigma; \tau; \eta; \delta; \eta; \mu; \iota; \omicron; \upsilon; \rho; \gamma; \hat{\Gamma} \rightarrow \alpha; \kappa; \alpha; \iota;$
 $\epsilon; \kappa; \delta; \hat{\Gamma} \rightarrow \lambda; \omega; \sigma; \eta; \tau; \eta; \sigma;$
 $\alpha; \theta; \eta; \rho; \omicron; \sigma; \kappa; \lambda; \hat{\Gamma} \rightarrow \rho; \omega; \sigma; \eta; \sigma;$
 $\sigma; \mu; \phi; \omega; \nu; \alpha; \mu; \epsilon; \tau; \omicron; \nu; \kappa; \alpha; \alpha; \mu; \alpha; \nu; \check{\rho}; \lambda; \eta; \alpha; \pi; \omicron; \tau; \epsilon; \lambda; \epsilon; \hat{\Gamma} \rightarrow \kappa; \alpha; \tau; \hat{\Gamma} \rightarrow$
 $\kappa; \rho; \iota; \omicron; \lambda; \hat{\Gamma} \rightarrow \gamma; \omicron; \eta; \kappa; \alpha; \alpha; \kappa; \hat{\Gamma} \rightarrow$
 $\delta; \iota; \alpha; \tau; \rho; \omicron; \phi; \hat{\Gamma} \rightarrow \epsilon; \pi; \iota; \pi; \lambda; \hat{\Gamma} \rightarrow \omicron; \nu; \epsilon; \upsilon; \pi; \hat{\Gamma} \rightarrow \rho; \tau; \alpha; \sigma; \eta; \eta;$
 $\epsilon; \upsilon; \pi; \epsilon; \rho; \lambda; \iota; \pi; \iota; \delta; \alpha; \iota; \mu; \hat{\Gamma} \rightarrow \alpha; \tau; \omicron;$
 $\kappa; \hat{\Gamma} \rightarrow \pi; \nu; \iota; \sigma; \mu; \alpha; \omicron;$
 $\sigma; \alpha; \kappa; \chi; \alpha; \rho; \check{\rho}; \delta; \eta; \sigma; \delta; \iota; \alpha; \beta; \hat{\Gamma} \rightarrow \tau; \eta; \sigma; \eta; \epsilon;$
 $\pi; \alpha; \chi; \upsilon; \sigma; \alpha; \rho; \kappa; \hat{\Gamma} \rightarrow \alpha; \eta; \hat{\Gamma} \rightarrow \lambda; \lambda; \epsilon; \iota; \psi; \eta;$
 $\hat{\Gamma} \rightarrow \sigma; \kappa; \eta; \sigma; \eta; \sigma; \tau; \omicron; \sigma; \tau; \rho; \epsilon; \sigma; \tau; \omicron;$
 $\alpha; \lambda; \kappa; \omicron; \hat{\Gamma} \rightarrow \lambda; \sigma; \epsilon;$
 $\sigma; \upsilon; \nu; \delta; \upsilon; \alpha; \sigma; \mu; \hat{\Gamma} \rightarrow \mu; \epsilon; \tau; \eta; \nu;$
 $\kappa; \lambda; \eta; \rho; \omicron; \nu; \omicron; \mu; \iota; \kappa; \hat{\Gamma} \rightarrow \tau; \eta; \tau; \alpha; \eta; \nu;$
 $\eta; \lambda; \iota; \kappa; \hat{\Gamma} \rightarrow \alpha; \kappa; \alpha; \iota; \tau; \omicron; \phi; \hat{\Gamma} \rightarrow \lambda; \omicron;$
 $\alpha; \pi; \omicron; \tau; \epsilon; \nu; \epsilon; \rho; \sigma; \kappa; \lambda; \hat{\Gamma} \rightarrow \rho; \omega; \sigma; \eta; \sigma;$
 $\kappa; \alpha; \iota; \kappa; \alpha; \alpha; \tau; \epsilon; \epsilon; \pi; \hat{\Gamma} \rightarrow \kappa; \tau; \alpha; \sigma; \eta;$
 $\sigma; \omicron; \beta; \alpha; \rho; \check{\rho}; \nu;$
 $\kappa; \alpha; \rho; \delta; \iota; \alpha; \gamma; \gamma; \epsilon; \iota; \alpha; \kappa; \check{\rho}; \nu;$
 $\pi; \alpha; \theta; \hat{\Gamma} \rightarrow \sigma; \epsilon; \omega; \nu;$

$\epsilon; \pi; \omicron; \mu; \hat{\Gamma} \rightarrow \nu; \omega; \sigma; \eta; \iota; \sigma; \omicron; \rho; \rho; \omicron; \pi; \eta; \mu; \hat{\Gamma} \rightarrow \nu; \mu; \epsilon; \sigma; \omicron; \gamma; \epsilon; \iota; \alpha; \kappa; \hat{\Gamma} \rightarrow$
 $\delta; \iota; \alpha; \tau; \rho; \omicron; \phi; \hat{\Gamma} \rightarrow \epsilon; \nu; \hat{\Gamma} \rightarrow \alpha; \iota; \omicron;$
 $\kappa; \rho; \rho; \iota; \omicron; \sigma; \hat{\Gamma} \rightarrow \xi; \omicron; \nu; \alpha; \sigma; \tau; \tau; \eta; \sigma;$
 $\pi; \rho; \hat{\Gamma} \rightarrow \lambda; \eta; \psi; \eta; \nu;$
 $\kappa; \alpha; \rho; \delta; \iota; \alpha; \gamma; \gamma; \epsilon; \iota; \alpha; \kappa; \check{\rho}; \nu;$
 $\pi; \alpha; \theta; \hat{\Gamma} \rightarrow \sigma; \epsilon; \omega; \nu; \tau; \eta; \sigma;$
 $\pi; \alpha; \chi; \upsilon; \sigma; \alpha; \rho; \kappa; \hat{\Gamma} \rightarrow \alpha; \sigma; \kappa; \alpha; \iota;$
 $\tau; \omicron; \upsilon; \delta; \iota; \alpha; \beta; \hat{\Gamma} \rightarrow \tau; \eta; \sigma; \mu; \phi; \omega; \nu; \alpha;$
 $\mu; \epsilon; \tau; \omicron; \nu; \kappa; \alpha; \alpha; \mu; \alpha; \nu; \check{\rho}; \lambda; \eta; \alpha;$
 $\mu; \epsilon; \sigma; \lambda; \hat{\Gamma} \rightarrow \tau; \epsilon; \sigma; \hat{\Gamma} \rightarrow \chi; \omicron; \upsilon; \nu;$
 $\upsilon; \pi; \omicron; \gamma; \rho; \alpha; \mu; \mu; \hat{\Gamma} \rightarrow \sigma; \epsilon; \iota; \hat{\Gamma} \rightarrow \tau; \iota; \tau; \omicron;$
 $\epsilon; \lambda; \alpha; \iota; \hat{\Gamma} \rightarrow \lambda; \alpha; \delta; \iota; \omicron;$
 $\alpha; \pi; \omicron; \tau; \epsilon; \nu; \lambda; \epsilon; \pi; \hat{\Gamma} \rightarrow$

