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Project Title

Prospective study of dairy and inflammation on cognitive decline

Project Summary

Previous studies have shown that 'healthy' diets, like the Mediterranean diet, have beneficial effects on cognition and inflammation. While some dairy products have fatty acids with potential anti-inflammatory effects, previous studies on dairy and cognition have been controversial. The disagreement can be due to the variation in the quantity of dairy consumed, as well as the types of dairy (e.g. low-fat vs. high-fat). Therefore, large longitudinal studies including information on specific types of dairy are needed. We propose to conduct a study with Canadian Longitudinal Study of Ageing data to evaluate the association between (1) types of dairy intake and inflammatory markers, (2) an inflammatory dietary pattern and (3) metabolomic profiles with cognitive decline. We will explore causation between these factors with a Mendelian Randomization study. As diet is modifiable, this study will contribute to the prevention strategies against cognitive decline and dementia.

Keywords

dairy, milk, cheese, inflammation. cognition