۳۰ درصد تخفیف نوروزی ویژه کارگاه‌ها و فیلم‌های آموزشی

اصول تنظیم قراردادها

پروپوزال نویسی

آموزش مهارت های کاربردی در تدوین و چاپ مقاله
Dietary pattern and risk of multiple sclerosis

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Keywords
Multiple Sclerosis, Dietary Pattern, Factor Analysis

Abstract

Background: It has been suggested that nutrition might play a role in the etiology of multiple sclerosis (MS). However, dietary patterns associated with MS risk are unknown. This study was conducted to compare the dietary patterns of patients with MS and healthy controls to find the relationship between dietary patterns and MS.

Methods: Usual dietary intake of 75 women with relapsing/remitting MS (RRMS) and 75 healthy controls were assessed with a food frequency questionnaire consisting of 168 food items. To define major dietary patterns, we used factor analysis. Multivariate logistic regression was used to assess the relationship between dietary patterns and risk of MS.

Results: Traditional pattern (high in low-fat dairy products, red meat, vegetable oil, onion, whole grain, soy, refined grains, organ meats, coffee, and legumes) was inversely related to the risk of MS [odds ratio (OR) = 0.15; 95% confidence interval (CI): 0.03-0.18; P = 0.028]. A similar inverse relationship was noted between MS risk and lacto-vegetarian (high in nuts, fruits, French fries, coffee, sweets, desserts, vegetables, and high-fat dairy products) and vegetarian (high in green leafy vegetables, hydrogenated fats, tomato, yellow vegetables, fruit juices, onion, and other vegetables) patterns (OR = 0.31; 95% CI: 0.12-0.82; P = 0.018 and OR = 0.42; 95% CI: 0.19-0.90; P = 0.026, respectively). In contrast, the prevalence of MS was higher in those who had high animal fat dietary pattern (high in animal fats, potato, meat products, sugars, and hydrogenated fats and low in whole grains) (OR = 1.99; 95% CI: 1.63-2.94; P < 0.005).

Conclusion: Our findings showed that the risk of RRMS can be affected by major dietary patterns.

Introduction

Multiple sclerosis (MS) is a chronic demyelinating disease of the nervous system which is the most common cause of neurological irreversible disability in young adults1-2 who are professionally and socially active persons.3 Assessment of dietary pattern is an approach that has been used to evaluate diet-disease association.4 Dietary patterns refer to the combined effect of foods and thus may provide insight beyond the impact explained by single foods or nutrients.5 There have been several studies on single foods or nutrients. However, this study was...
performed to evaluate the relationship between MS risk and major dietary patterns recognized by factor analysis.

Materials and Methods

Participants
In this cross-sectional study, a group of 87 female residents of Tehran (Iran) with relapsing/remitting MS (RRMS) was selected from the Iranian MS Association registry by simple random sampling over one year. The cases were newly registered patients that had not made changes in their dietary habits because of the disease. Since 81 cases accepted to participate, 81 healthy controls were recruited from the patients’ close relatives or those who matched for age and economic and education level. Overall, 78 controls accepted to participate. The exclusion criteria were following a specific diet during the previous year, consuming food supplements, or leaving more than 70 blank items on the Food Frequency Questionnaire (FFQ). After excluding ineligible participants, 75 cases and 75 controls (mean age: 32.9 ± 8.0 and 30.0 ± 5.7 years, respectively) were included in the study. The study was approved by the ethics committee of Tabriz University of Medical Sciences (Tabriz, Iran). In addition, written informed consents were obtained from all participants.

Assessment of dietary intake
Usual dietary intake was evaluated by a validated 168-item semi-quantitative FFQ including a list of foods with standard serving size commonly consumed by Iranians. Participants reported their frequency of eating a given portion size of each food item during the previous year, on monthly (e.g. legumes), weakly (e.g. egg) or daily manner (e.g. bread). Then, the recorded frequency for each food item was converted to daily intake and serving sizes of eaten foods were converted to grams using household measures.

MS diagnosis
The participants were 75 RRMS cases (based on McDonald’s criteria). Therefore, they had Expanded Disability Status Scale (EDSS) scores of 0-2 and had been diagnosed with the disease for less than three years. A neurologist was asked to assess the eligibility of patients. We selected RRMS cases in order to have one pathology to study. There are hypothesis that different types of MS have different pathologies and may also have different etiologies.

Statistical analysis
We allocated each food item into one of 44 delineated food groups (Table 1). The logic behind assigning a food item into a certain food group was the resemblance of nutrients. We considered some food items as individual food groups because their nutrient content was inimitable or their consumption reflected a definite dietary pattern [e.g. doogh (an Iranian yogurt drink with a consistency comparable to that of whole milk), garlic, and pizza]. We used factor analysis to define major dietary patterns based on 44 food groups. The factors were rotated by orthogonal transformation. We used a scree plot and the factors with eigenvalues more than 1.2 were obtained. The scree plot is a plot of eigenvalues of identified factors. The eigenvalues declined after the 7th factor and remained similar to each other. The defined dietary patterns (factors) were labeled based on our interpretation of the content and the previous manuscripts. The amount of food group consumption was weighted by load factor. Factor score of each pattern was obtained by summing up the load factors. Each participant was given a factor score for each defined dietary pattern. We categorized participants by tertiles of pattern scores. We used multivariate logistic regression to assess the relationship between dietary patterns and risk of MS. We considered the first tertile of dietary pattern score as reference. We used the Mantel-Haenszel chi-square test to assess the overall trend of odd ratios (ORs) over the increasing tertiles.

As using cutoffs in factor scores involves some information loss, we also performed Spearman correlation test on RRMS risk and dietary pattern scores as a continuous variable. All analyses were adjusted for age. SPSS for Windows 14.5 (SPSS Inc., Chicago, IL, USA) was used for statistical analyses.

Results
We identified 7 major dietary patterns using factor analysis. The patterns included:

1. Traditional dietary pattern: high in low-fat dairy products, red meats, vegetable oils, onion, whole grains, soy, refined grains, organ meats, coffee, legumes and butter;
2. Western-like dietary pattern: high in processed meats, pickles, pizza, garlic, butter, sugars, refined grains, organ meats, and soft drink and low in olive, yellow vegetables, and dried fruits;
3. High animal fat: high in animal fats, potato, other meat products, sugars, hydrogenated fats and low in whole grains, spices, and poultry without skin;
4. Vegetarian-like pattern: high in green leafy vegetables, hydrogenated fats, tomato, yellow vegetables, fruit juices, onion, and other vegetables;
5. Lacto vegetarian-like pattern: high in nuts, fruits, French fries, coffee, sweets and desserts, other vegetables, high fat dairy products, and sugars;
6. Mixed: high in hydrogenated fats, fish, other meat products, vegetable oils, vegetables, and whole grains;
| Food groups                  | Food items                                                                 |
|------------------------------|-----------------------------------------------------------------------------|
| Processed meat               | Sausages, hotdog                                                            |
| Red meat                     | Beef, hamburger, lamb                                                       |
| Organ meat                   | Beef liver                                                                  |
| Other meat products          | Kalepache (an Iranian food prepared from beef brain and tongue), beef viscera|
| Fish                         | Canned tuna fish, other fish                                               |
| Poultry with skin            | Chicken with skin                                                           |
| Poultry without skin         | Chicken without skin                                                        |
| Egg                          | Eggs                                                                        |
| Butter and margarine         | Butter, margarine                                                           |
| Margarine                    | Margarine                                                                   |
| Low-fat dairy products       | Skim or low-fat milk, low-fat yogurt                                        |
| High fat dairy products      | High-fat milk, whole milk, chocolate milk, cream, high-fat yogurt, cream yogurt, cream cheese, other kinds of cheese, ice cream |
| Tea                          | Tea                                                                         |
| Coffee                       | Coffee                                                                      |
| Fruits                       | Pear, apricot, cherry, apple, raisin or grape, banana, cantaloupe, watermelon, orange, grapefruit, kiwi, strawberry, peach, nectarine, tangerine, mulberry, plum, persimmon, pomegranate, lemon, pineapple, fresh fig and date |
| Fruit juices                 | Apple juice, orange juice, grapefruit juice, other fruit juices             |
| Cruciferous and yellow       | Cabbage, cauliflower, Brussels sprout, kale and carrots                     |
| vegetables                   | Tomato                        | Tomato, tomato sauce                                                        |
| Green leafy vegetables       | Spinach, lettuce                                                          |
| Other vegetables             | Cucumber, mixed vegetables, eggplant, celery, green pea, green bean, green pepper, turnip, corn, squash, mushrooms |
| Legumes                      | Bean, pea, lima bean, bread bean, lentil                                    |
| Garlic                       | Garlic                                                                      |
| Onion                        | Onion                                                                       |
| Potatoes                     | Potato                                                                      |
| Whole grains                 | Dark breads (Iranian), barley bread, popcorn, cornflakes, wheat germ, bulgur |
| Refined grains               | White breads (Iranian, baguettes), noodles, pasta, rice, toasted bread, milled barley, sweet bread, white flour, starch, biscuits |
| Pizza                        | Pizza                                                                       |
| Soy                          | Soy                                                                          |
| Nuts                         | Peanut, almond, pistachio, hazelnut, roasted seed, walnut                   |
| Mayonnaise                   | Mayonnaise                                                                  |
| Dried fruits                 | Dried fig, dried date, dried mulberry, other dried fruits                  |
| Olive                        | Olive, olive oil                                                           |
| Sweets and desserts          | Chocolates, cookies, cakes, confections                                     |
| Hydrogenated fats            | Hydrogenated fats                                                           |
| Vegetable oils               | Vegetable oils (except for olive oil)                                       |
| Animal fats                  | Animal fats                                                                 |
| Sugar                        | Sugars, candies, gaz (an Iranian confectionery made of sugar, nuts, and tamarisk) |
| Broth                        | Broth                                                                       |
| Soft drink                   | Soft drinks                                                                 |
| Yogurt drink                 | Doogh                                                                       |
| Condiments                   | Jam, jelly, honey                                                           |
| Spices                       | Salt, pepper, saffron, ginger                                               |
| Pickles                      | Pickles                                                                     |
| Snacks                       | Potato chips, corn puffs, crackers, popcorn                                 |
7. Condiments and dried vegetables pattern: high in condiments, dried fruits, egg, high fat dairy products, fruit juices, and legumes.

Table 2 presents load factor for these dietary patterns. Other negligible dietary patterns were also detected by factor analysis.

The mean age of patients and controls was 32.9 ± 8.0 and 30.0 ± 5.7 years, respectively. While 47 MS patients (63%) reported that they had been under stress two years prior to MS onset, 15 controls (20%) had experienced a stressful life during the previous two years.

### Table 2. Load factor matrix for major dietary patterns

| Food groups                        | Traditional like | Western like | High animal fat | Vegetarian like | Lacto vegetarian like | Mixed | Condiments and dried vegetables |
|-----------------------------------|------------------|--------------|-----------------|-----------------|----------------------|-------|-------------------------------|
| Low-fat dairy products            | 0.729            | -            | -               | -               | -                    | -     | -                             |
| Red meats                         | 0.671            | -            | -               | -0.213          | -                    | -     | -                             |
| Vegetable oils                    | 0.592            | -            | -0.234          | -               | -                    | -     | -                             |
| Onion                             | 0.507            | 0.224        | 0.447           | -               | -0.285               | -     | -                             |
| Whole grains                      | 0.499            |              | -0.357          | -               | 0.402                | -     | -                             |
| Soy                               | 0.475            | -            | -               | -               | -                    | -     | -                             |
| Refined grains                    | 0.469            | 0.421        | -               | -0.262          | -0.281               | 0.281 | -                             |
| Organ meats                       | 0.451            | 0.390        | -0.271          | -               | -                    | -     | -                             |
| Processed meats                   | 0.668            |              | -               | -               | -                    | -     | -                             |
| Pickles                           | 0.624            |              | -               | -               | -                    | -     | -                             |
| Pizza                             | -0.260           | 0.510        | 0.244           | -               | 0.241                | -     | -                             |
| Garlic                            | -                | 0.499        | -               | -               | 0.200                | -     | -                             |
| Butter and margarine              | 0.304            | 0.492        | 0.295           | -               | -                    | -     | -                             |
| Sugars                            | -0.470           | 0.341        | 0.343           | -               | -0.349               | -     | -                             |
| Olive                             | -                | -0.426       | -0.253          | -               | -0.234               | -     | -                             |
| Soft drinks                       | -0.377           |              | 0.278           | -               | -                    | -     | -                             |
| Animal fats                       | -                | 0.774        | 0.271           | -0.228          | -                    | -     | -                             |
| Potato                            | -                | 0.739        | -               | -               | -0.207               | -     | -                             |
| Spices                            | -                | -0.604       | 0.205           | -0.385          | -                    | -     | -                             |
| Poultry without skin              | -                | -0.508       | -               | -               | -                    | -     | -                             |
| Green leafy vegetables            | -                | 0.738        | -               | -               | -                    | -     | -                             |
| Hydrogenated fats                 | -0.296           | 0.331        | 0.632           | 0.215           | -                    | -     | -                             |
| Tomatoes                          | -                | -0.225       | 0.625           | -               | 0.202                | -     | -                             |
| Cruciferous and yellow vegetables | 0.263            | -0.355       | -0.498          | -               | -                    | -     | -0.408                        |
| Nuts                              | -                | -            | 0.211           | 0.789           | -                    | -     | -                             |
| Fruits                            | -                | -            | 0.703           | -               | -                    | -     | -                             |
| French fries                      | -                | -            | -0.430          | 0.560           | -0.333               | -     | -                             |
| Coffee                            | 0.409            | -0.228       | -               | 0.478           | -0.219               | -     | -                             |
| Sweets                            | 0.264            | -0.216       | -               | 0.462           | -0.363               | -     | -                             |
| Other vegetables                  | -                | -0.329       | 0.428           | 0.325           | -                    | -     | -                             |
| Broth                             | -                | -            | -0.720          | -               | -                    | -     | -                             |
| Tea                               | -                | -            | -               | -               | -0.666               | -     | -                             |
| Fish                              | -                | 0.275        | -0.273          | 0.212           | -0.451               | -     | -                             |
| Other animal products             | 0.272            | 0.425        | -0.220          | 0.441           | -                    | -     | -                             |
| Poultry with skin                 | -                | -            | -               | -               | -                    | -     | -                             |
| Condiments                        | -                | -            | -0.201          | -               | 0.706                | -     | -                             |
| Dried fruits                      | -                | -0.337       | -               | -               | -                    | -     | -                             |
| Egg                               | -                | 0.209        | -0.274          | -               | -                    | -     | 0.615                         |
| High-fat dairy products           | -                | 0.220        | -0.218          | 0.359           | -                    | -     | 0.495                         |
| Fruit juices                      | -                | -0.290       | 0.455           | -               | -                    | -     | 0.469                         |
| Legumes                           | 0.372            | 0.270        | -               | 0.232           | -                    | -     | 0.396                         |
| Mayonnaise                        | -                | -            | -               | -               | -                    | -     | -                             |
| Yogurt drink                      | -                | -            | -               | -               | -                    | -     | -                             |
| Snacks                            | -                | -            | -               | -               | -                    | -     | -                             |
| Percentage of variance explained (%) | 11.57          | 8.72         | 7.58            | 6.77            | 6.48                 | 5.69  | 4.93                          |

* Values < 0.2 were excluded for simplicity.
Table 3 shows ORs for MS across tertile categories of dietary pattern. After adjustment for age, participants in the highest tertile of traditional dietary pattern had lower odds of MS [OR = 0.15; 95% confidence interval (CI): 0.03-0.18; P = 0.028] than subjects in lower tertiles. Individuals in the third tertile of lacto vegetarian (OR = 0.31; 95% CI: 0.12-0.82; P = 0.018) and cases in the second tertile of vegetarian-like dietary pattern (OR = 0.42; 95% CI = 0.19-0.90; P = 0.026) had lower odds of MS. Furthermore, those in a higher tertile of high animal fat dietary pattern had higher odds of MS in comparison to those in lower tertiles (OR = 1.99; CI: 1.63-2.94; P = 0.04). The trends of ORs across the tertiles of traditional, high animal fat, vegetarian-like, and lacto vegetarian patterns were also significant.

After adjusting for age in Spearman correlation analysis, traditional, vegetarian, and lacto vegetarian patterns were negatively associated with the risk of MS. The association was inverse for high animal fat pattern (Table 4).

**Discussion**

As mentioned above, seven major dietary patterns, including traditional, western-like, high animal fat, vegetarian-like, lacto vegetarian-like, mixed, and...
condiments and dried fruits, were identified in the studied population. More analysis showed that four dietary patterns had relationship with the risk of MS. An inverse relationship was observed between traditional, vegetarian and lacto vegetarian dietary patterns and MS risk. Besides, a positive relationship between high animal fat dietary pattern and risk of MS was found. These relationships were independent of age. Although several studies have evaluated single foods or nutrients, based on our knowledge, no study has examined the association between dietary patterns and risk of MS. Ghadirian et al. used an FFQ and found a protective effect for cereal and bread consumption. They suggested pork and hotdog consumption to escalate the risk of MS development. They also showed a positive relation between energy and animal fat intake and MS risk. On the other hand, consumption of vegetable protein, dietary fiber, cereal fiber, vitamin C, thiamin, riboflavin, calcium, and potassium (commonly found in plants including grains, fruits and vegetables) were inversely associated with MS risk. Similarly, the current study revealed that following a diet low in animal fat and high in plant foods (grains in the traditional dietary pattern, nuts and fruits in the lacto vegetarian pattern, and vegetables in the vegetarian pattern) may decrease the risk of developing MS. In another cross-sectional study based on three-day food intake data, inadequate intake of carbohydrate, dietary fiber, vitamin E, calcium and zinc and high intake of saturated fatty acids (SFA) were associated with higher risk of MS. Likewise, in the current study, whole grains content of the traditional dietary pattern, vegetable content of the vegetarian pattern, and nuts and fruits content of the lacto vegetarian pattern were good sources of fiber. Furthermore, the inverse relationship between consuming more plant foods and risk of MS and the positive association between SFA and MS risk were also observed in this study. The inverse relationship of traditional, vegetarian, and lacto vegetarian-like dietary patterns with MS development risk could be ascribed to these patterns’ healthy constituents. The mechanism by which these dietary patterns can protect individuals against MS is not fully understood. Omega-3 polyunsaturated fatty acids (PUFA) content of vegetable oil, soy and nuts can inhibit the production of pro-inflammatory cytokines including interleukin (IL)-1, IL-2, tumor necrosis factor alpha (TNF-α), and interferon-gamma (INF-γ) and thus suppress demyelination. Omega-3 PUFAs can also impose their beneficial role by decreasing the proliferation and activation of T-helper lymphocyte 1 (Th-1). Low-fat dairy products, which are one of the food items in traditional dietary pattern, are high in calcium and vitamin D. Both of these elements are related with lower risk of MS. Signaling between astrocytes, axons, and oligodendrocytes may have a significant role in myelin maintenance throughout life. Adenosinetrifosphate (ATP), adenosine, and glutamate regulate signaling between oligodendrocytes and axons. Glutamate and ATP signaling is calcium dependent. Auto-reactive T cells may be developed in the absence of vitamin D. One of the constituents of the traditional dietary pattern is organ meats, including liver, which contain high amounts of vitamin B12. Low levels of vitamin B12 have been demonstrated in patients with MS. Recent studies revealed important immunoregulatory roles of vitamin B12 such as modulating TNF-α activity. Onion in the lacto vegetarian and vegetarian-like dietary patterns contains an isoflavonoid named quercetin which can reduce IL-12-induced T-cell proliferation and Th-1 cell proliferation. Additionally, antioxidant content of fruits and vegetables has been found to be useful in decreasing clinical signs of experimental allergic encephalomyelitis. On the other hand, the positive relation between the high animal fat dietary pattern and risk of MS can be ascribed to its high SFA content. One of the transcription factors, cyclic adenosine 3',5'-monophosphate response element binding protein (CREB), promotes the survival of neurons. Prostaglandins are essential for CREB formation. Unlike PUFA, SFA cannot produce prostaglandins. Additional beneficial effects of other components of these foods may protect individuals against MS.

Unlike analyzing individual foods or nutrients, dietary pattern assessment is not limited to interaction among nutrients. The reason behind dietary pattern approach, which offers a complementary viewpoint, is that foods and nutrients are eaten in combination and in the form of identified dietary patterns. We faced several limitations in interpreting our findings. We identified dietary patterns only by using food intake data, although assessing eating behavior (e.g. snack and meal pattern) has been also suggested. Overmatching in choosing controls might also be an issue in this study. When cases and controls have similar diets, it may decrease the likelihood of finding an association. Associations might have been stronger if we had a sample of controls that represented the general population. Some changes in dietary habits occurred in a number of patients after the onset of the disease. By asking the patients to indicate the changes in their dietary behavior and recruiting patients who were diagnosed with RRMS less than three years prior to the study, we tried to
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by high amount of low-fat dairy products, red meat, vegetable oil, onion, whole grains, soy, refined grains, organ meats, coffee, legumes, and butter are related to lower risk of RRMS. In addition, dietary patterns characterized by high intake of nuts, fruits, French fries, coffee, sweets and desserts, other vegetables, high-fat dairy products, and sugars are also related with lower risk of MS development. An inverse relationship was observed between high amount of green leafy vegetables, hydrogenated fats, tomato, yellow vegetables, fruit juices, onion, and other vegetables and risk of MS. In contrast, a dietary pattern which is high in animal fats, potato, meat products, sugars, and hydrogenated fats and low in whole grains, spices, and poultry without skin is related to higher risk of RMMS development.

Conclusion

Our findings revealed that dietary patterns described by high amount of low-fat dairy products, red meat, vegetable oil, onion, whole grains, soy, refined grains, organ meats, coffee, legumes, and butter are related to lower risk of RRMS. In addition, dietary patterns characterized by high intake of nuts, fruits, French fries, coffee, sweets and desserts, other vegetables, high-fat dairy products, and sugars are also related with lower risk of MS development. An inverse relationship was observed between high amount of green leafy vegetables, hydrogenated fats, tomato, yellow vegetables, fruit juices, onion, and other vegetables and risk of MS. In contrast, a dietary pattern which is high in animal fats, potato, meat products, sugars, and hydrogenated fats and low in whole grains, spices, and poultry without skin is related to higher risk of RMMS development.

Acknowledgement And Contributions

We thank the MS organization staff especially Mrs. Mohseni and Mr. Khosroyar for their enthusiastic support and the patients for their kind cooperation. We are indebted to the Research Development Center of Sina Hospital (Tehran, Iran) for its support. None of the authors had any financial or personal conflicts of the interests.

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در صدد تخفیف نوروزی ویژه کارکردها و فیلم‌های آموزشی

اصول تنظیم قراردادها
بروپوزال نویسی
آموزش مهارت‌های کاربردی در تدوین و چاپ مقاله