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By: Booth, Sara; Moosavi, Shakeeb H.; Higginson, Irene J.
NATURE CLINICAL PRACTICE ONCOLOGY Volume: 5 Issue: 2 Pages: 90-100 Published: FEB 2008

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The etiology and management of intractable breathlessness in patients with advanced cancer: a systematic review of pharmacological therapy

By: Booth, S (Booth, Sara)^[1,2]; Moosavi, SH (Moosavi, Shakeeb H.)^[3]; Higginson, IJ (Higginson, Irene J.)^[4]
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NATURE CLINICAL PRACTICE ONCOLOGY
 Volume: 5 Issue: 2 Pages: 90-100
 DOI: 10.1038/ncponc1034
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Abstract
 Intractable breathlessness is a common, devastating symptom of advanced cancer causing distress and isolation for patients and families. In advanced

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BMJ (Online)
Volume 343, Issue 7825, 1 October 2011, Article number d4488

Chocolate consumption and cardiometabolic disorders: Systematic review and meta-analysis

Buitrago-Lopez, A.¹, Sanderson, J.¹, Johnson, L.¹, Warnakula, S.², Wood, A.³, Di Angelantonio, E.⁴, Franco, O.H.⁵

¹Department of Public Health and Primary Care, University of Cambridge, Strangeways Research Laboratory, Cambridge CB1 8RN, United Kingdom
²Fundación Universitaria de Ciencias de la Salud, Hospital de San José, Bogotá, Colombia
³Pontificia Universidad Javeriana, Bogotá, Colombia

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Objective: To evaluate the association of chocolate consumption with the risk of developing cardiometabolic disorders. Design: Systematic review and meta-analysis of randomised controlled trials and observational studies. Data sources: Medline, Embase, Cochrane Library, PubMed, CINAHL, IPA, Web of Science, Scopus, Pascal, reference lists of relevant studies to October 2010, and email contact with authors. Study selection: Randomised trials and cohort, case-control, and cross sectional studies carried out in human adults, in which the association between chocolate consumption and the risk of outcomes related to cardiometabolic disorders were reported. Data extraction: Data were extracted by two independent investigators, and a consensus was reached with the involvement of a third. The primary outcome was cardiometabolic disorders, including cardiovascular disease (coronary heart disease and stroke), diabetes, and metabolic syndrome. A meta-analysis assessed the risk of developing cardiometabolic disorders by comparing the highest and lowest level of chocolate consumption. Results: From 4576 references seven studies met the inclusion criteria (including 114 009 participants). None of the studies was a randomised trial, six were cohort studies, and one a cross sectional study. Large variation was observed between these seven studies for measurement of chocolate consumption, methods, and outcomes evaluated. Five of the seven studies reported a beneficial association between higher levels of chocolate consumption and the risk of cardiometabolic disorders. The highest levels of chocolate consumption were associated with a 37% reduction in cardiovascular disease (relative risk 0.63 [95% confidence interval 0.44 to 0.90]) and a 29% reduction in stroke compared with the lowest levels. Conclusions: Based on observational evidence, levels of chocolate consumption seem to be associated with a substantial reduction in the risk of cardiometabolic disorders. Further experimental studies are required to confirm a potentially beneficial effect of chocolate consumption.

Indexed keywords

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Theobromine does not affect postprandial lipid metabolism and duodenal gene expression, but has unfavorable effects on postprandial glucose and insulin responses in humans
Smolders, L., Mensink, R.P., Boekschoten, M.V. (2018) *Clinical Nutrition*

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