**ROLE OF DIETARY HABITS AMONG THREE DIFFERENT ETHNIC GROUPS IN ST-SEGMENT ELEVATED MYOCARDIAL INFARCTION (STEMI)**

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Objectives: To evaluate the role of different dietetic habits in three ethnic groups as possible risk factors for the first ST-elevated myocardial infarction (STEMI). Background Dietary habits are known to have an impact on cardiovascular risk.

Methods: The “First Acute Myocardial Infarction” (FAMI) study enrolled 887 patients presenting with STEMI as the first manifestation of coronary artery disease and 887 controls from Italy, Scotland, China centres. A structured questionnaire about dietary habits (consumption frequency for each food kind: never/rarely, sometimes, often, regularly) was administered to all patients.

Results: In the overall population, fruit, sea water fish, soia, and wine consumption was inversely related to STEMI (ORs: 0.85, 0.84, 0.89, 0.80 respectively; p < 0.05). In contrast, white meat, eggs, lard, beer and coffee consumption was associated to an increased risk (ORs 1.12, 1.12, 1.27, 1.17, 1.18 respectively; p < 0.05). All significant OR were concordant among the three different ethnic groups with the exception of raw vegetables [Scotland (OR 0.66; p < 0.01); China (OR 1.34; p < 0.01)] and olive oil [Italy (OR 1.26; p < 0.01); Scotland (OR 0.82; p = 0.03); China (OR 0.87;

p = 0.02)].

Conclusions: Dietary habits might play a role either in increasing or in reducing the risk of a first STEMI. Most food kinds have the same positive or negative impact among each ethnic group, whereas some showed conflicting impact. These findings are to be investigated taking into account further variables including genetic and environmental background.