**DIET IN THE PREVENTION AND MANAGEMENT OF HEART FAILURE**

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Mediterranean type of diet has been proved to have a significant beneficial impact on the progression of cardiovascular diseases. Even in the context of chronic heart failure, Mediterranean diet seems to represent a dietary pattern rich in beneficial fat from mono-and poly-unsaturated fatty acids, high in proteins and with low glycemic index. This pattern has been related with improved systolic and diastolic function, due to production of higher amount of energy from the myocardium cell. Fish is one of the main components of this diet. Many studies have shown long-chain omega-3 polyunsaturated fatty acids (n-3 PUFAs), which comprise the most important components of fish diet, may protect against heart disease mortality and morbidity. The main mechanisms by which n-3 PUFAs, protect against heart disease mortality, is by stabilizing ion transport through heart cells membrane, which is essential for heart rhythm, and by shortening QT interval. Additionally, animal experiments and clinical intervention studies indicate that n-3 PUFAs have anti-inflammatory properties and cause also vasodilatation. Furthermore, animal-experimental studies, randomized trials, and large observational studies indicate that consumption of fish and n3-PUFAs affects cardiac haemodynamics, by reducing systemic vascular resistance, lowering heart rate and improving left ventricular diastolic function; which may benefit the clinical course of heart failure patients. Furthermore, recent studies have illustrated that even acute infusion of n-3PUFAs from fish, inhibits triggered arrhythmias in myocytes from patients with heart failure by lowering intracellular calcium and reducing the response to catecholamins, preventing sudden cardiac death.