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질적·양적인 면의 당질 섭취와 뇌졸중 발생 위험과의 관련성 연구

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Carbohydrate Intake, Glycemic Index, Glycemic Load, and Dietary Fiber in Relation to Risk of Stroke in Women

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The associations of dietary carbohydrate, glycemic index, and glycemic load with stroke risk were examined among 78,779 US women who were free of cardiovascular diseases and diabetes in 1980 and completed a food frequency questionnaire. During 18-year follow-up, 1,020 stroke cases were documented (including 515 ischemic and 279 hemorrhagic cases). In analyses adjusting for non-dietary risk factors and cereal fiber, carbohydrate intake was associated with elevated risk of hemorrhagic stroke when comparing the extreme quintiles (relative risk (RR) = 2.05, 95% confidence interval (CI): 1.10, 3.83; P for trend = 0.02), but not with ischemic stroke. The positive association between carbohydrate intake and stroke risk was most evident among women with body mass index (BMI) $\geq 25\text{kg/m}^2$. Likewise, dietary glycemic load was positively associated with total stroke only among women with BMI $\geq 25\text{kg/m}^2$. Cereal fiber intake was inversely associated with total and hemorrhagic stroke risk; for total stroke RR = 0.66 (95% CI: 0.52, 0.83; P for trend = 0.001) and for hemorrhagic stroke RR = 0.51 (95% CI: 0.33, 0.78; P for trend = 0.01). Our findings suggest that high intake of refined carbohydrate is associated with hemorrhagic stroke risk, particularly among overweight or obese women. Also, high consumption of cereal fiber was associated with lower risk of total and hemorrhagic stroke.