

## Research on Nutrition, Obesity and Heart Disease

### Invited Presentations

June, 2010

VA Hospital Endocrinology Lecture Series; Tampa, Florida  
*"Myths and Mischief in Nutritional and Pharmacological Recommendations for Patient Care"*

April, 2011

USF Distinguished Lecture Series: "Dinner with a Scholar"  
*"Myths and Misinformation About Saturated Fat and Cholesterol: How Bad Science and Big Business Created the Obesity Epidemic"*

June, 2011

J.A. Haley Veterans Hospital Endocrinology Lecture Series; Tampa, Florida  
*"Banting-Atkins Diet, Instead of Medication, as an Effective Treatment for Obesity, Heart Disease and Type II Diabetes"*

May, 2012

Center for Obesity, Assessment, Study, and Treatment (COAST),  
University of California, San Francisco  
*"Myths and Deception in Research on Cholesterol and Dietary Fat: How Bad Science, Government Intervention and Big Business Contributed to the Obesity Epidemic"*

November, 2012

Fourth International Conference on Cardiac Sciences, Al Ahsi, Saudi Arabia  
**Session Chair: Stress, Atherosclerosis and Coronary Heart Disease**

Talk 1: *"A Critical Appraisal of Current Dietary Guidelines: How Bad Science, Politics and Profits Contributed to the Obesity and Heart Disease Epidemics"*

Talk 2: *"A Rigorous Assessment of Claims that Cholesterol-Reducing Treatments are Safe and Effective at Reducing Cardiovascular Outcomes and Mortality"*

April, 2013

Dept. of Biobehavioral Health and Pharmacology, Pennsylvania State University  
*"A Critical Appraisal of Current Dietary Guidelines: How Bad Science, Politics and Profits Contributed to the Obesity Epidemic"*

September, 2013

Department of Internal Medicine, College of Medicine, Univ. of So. Dakota  
*"A Rigorous Assessment of Claims that Cholesterol-Reducing Treatments are Safe and Effective at Reducing Cardiovascular Events and Mortality"*

October, 2013

Dept. of Psychology, University of South Florida  
*"Methodological Mischief in Diet and Cholesterol Research"*

May, 2015

VA Hospital Endocrinology Lecture Series; Tampa, Florida  
*"How Deceptive Statistics Created the Appearance that Statins are Safe and Effective at Improving Cardiovascular Disease Outcomes"*

July, 2015

Riga Diabetes & Obesity World Congress, Riga, Latvia

Lecture 1: *“Deceptive Statistics have Created the False Appearance that Statins are Safe and Effective in the Treatment of Cardiovascular Disease”*

Lecture 2: *“A Critical Appraisal of Current Dietary Guidelines: How Bad Science, Politics and Profits to the Diabetes and Obesity Epidemics”.*

November, 2015

Institute for Human & Machine Cognition, Ocala, Florida

*“Demonization and Deception in Cholesterol Research: Separating Fact From Profitable Fiction”*

January, 2016

University of South Florida, Tampa

1st Annual Conference on Nutritional Ketosis and Metabolic Therapeutics

*“Myths and Misinformation on Dietary Fat, Obesity and Heart Disease – the Sordid History of the War on Saturated Fat”*

February, 2016

International Cardiology & Cardiovascular Medicine Summit-2016

Dubai, United Arab Emirates

**Keynote Lecture:** A Rigorous Assessment Of Claims That Cholesterol-Reducing Treatments Are Safe And Effective At Reducing Cardiovascular Outcomes And Mortality

**Lecture 2:** Critical Appraisal Of Current Dietary Guidelines: How Bad Science, Politics and Profits Contributed To The Obesity and Heart Disease Epidemics

September, 2016

Fifth Global Symposium on Ketogenic Therapies, Banff, Canada

*“Challenging Conventional “Wisdom” That a High Fat Diet is Hazardous to Health”*

September, 2016

12th Congress of the International Society for the Study of Fatty Acids and Lipids; Stellenbosch University, Matieland, Stellenbosch, South Africa

*“Sense and nonsense in the war on saturated fat”*

February, 2017

University of South Florida, Tampa

2nd Annual Conference on Nutritional Ketosis and Metabolic Therapeutics

*“A Rigorous Assessment of the Myths that Cholesterol Causes Cardiovascular Disease”*

April, 2017

Nutricia Ketoconference 2017, London, England;

**Royal College of Physicians**

*“An Assessment of Myths on Cardiovascular Risks of a High Fat Diet”*

May, 2017

Institute for Human & Machine Cognition, Pensacola, Florida

*“Demonization and Deception in Cholesterol Research”*

June, 2017

NYU Alumni Club Presents: An Evening with David Diamond, PhD

*“Demonization and Deception in the War on Saturated Fat and Cholesterol.”*

- July, 2017  
 VA Brain Heart Consortium Meeting, Columbia, South Carolina  
*"Biomarkers, Animal Models, Treatments, and Controversy in PTSD and Heart Disease Research"*
- January, 2018  
 Low Carb West Palm 2018  
*"Demonization and Deception in Cholesterol Research"*
- March, 2018  
 Low Carb Breckenridge 2018  
*"An Assessment of Cardiovascular Risks of a Low Carbohydrate, High Fat Diet"*
- June, 2018  
 VA Hospital Endocrinology Lecture Series; Tampa, Florida  
*"Evidence-Based Dietary Guidance for Individuals with Type 2 Diabetes"*
- October, 2018  
 Low Carb Houston 2018  
*"A rigorous assessment of the myth that cholesterol causes heart disease"*
- January, 2019  
 "Metabolic Health Summit", Long Beach, California  
*"Does an Elevation of LDL-Cholesterol with a Low Carbohydrate Diet Increase Risk for Cardiovascular Disease?"*
- March, 2019  
 Fifth International Conference on Cardiac Sciences, Al Ahsi, Saudi Arabia  
*"How Bad Science, Big Business and Politics Have Guided Dietary Guidelines"*  
*"Historical Perspective on How Serum Cholesterol has been Demonized"*  
*"Myths and Deception in Cholesterol Guidelines"*
- May, 2019  
 Metabolic Health: A Solution to the Health Care Crisis, Seattle, Washington  
*"An Assessment of Cardiovascular Risks of a Low Carbohydrate, High Fat Diet"*
- May, 2019  
 Central Maine Heart and Vascular Institute, Lewiston Maine  
*"A Rigorous Assessment of the Myth That Cholesterol Causes Heart Disease and that Cholesterol Reduction Improves Cardiovascular Outcomes"*
- August, 2019  
 CrossFit Health Conference, Madison, Wisconsin  
*"Demonization and Deception in Cholesterol Research: Separating Fact From Profitable Fiction"*
- August, 2019  
 Second World Coconut Congress, Manila, Philippines  
*"A Rigorous Assessment of the Myth That Consumption of Saturated Fat Causes Obesity and Heart Disease"*
- October, 2019  
 Low Carb Houston, Houston, Texas  
*"Does an Increase in LDL-C with Low Carbohydrate Diet Increase One's Risk for Coronary Heart Disease?"*

November, 2019

Wise Traditions Weston Price Foundation

Keynote Lecture: “*Dietary Sense and Nonsense in the War on Saturated Fat and Cholesterol*”

Meeting talk: “*A Rigorous Assessment of the Hypothesis that Cholesterol Causes Heart Disease*”

## **Diet and Heart Disease-Related Publications, Book Chapters and Letters to the Editor**

### **Publications**

Sahebzamani, F.M., Munro, C.L., Marroquin<sup>2</sup>, O.C., **Diamond, D.M.**, Keller, E. and Kip, K. (2014) Examination of the FDA warning for statins and cognitive dysfunction. *Journal of Pharmacovigilance*. 2:1000141.

**Diamond, D.M.** and Ravnskov, U. (2015) How Statistical Deception Created the Appearance that Statins are Safe and Effective at Improving Cardiovascular Disease Outcomes. *Expert Review of Clinical Pharmacology*. 8(2), 201–210 (doi:10.1586/17512433.2015.1012494).

Ravnskov, U., **Diamond, D.M.**, Hama, R., Hamazaki, T., Hammarskjöld, B., Hynes, N., Kendrick, M., Langsjoen, P.H., Malhotra, A., Mascitelli, L., McCully, K.S., Ogushi, Y., Okuyama, H., Rosch, P.J., Schersten, T., Sultan, S., Sundberg, R. (2016) Lack of an association or an inverse association between low-density-lipoprotein cholesterol and mortality in the elderly. A systematic review. *BMJ Open*. 6;6, e010401; doi: 10.1136/bmjopen-2015-010401

Ravnskov, U., de Lorgeril, M., **Diamond, D. M.**, Hama, R., et al. (2018) LDL-C does not cause cardiovascular disease: a comprehensive review of the current literature. *Expert Review of Clinical Pharmacology*, 11:959-970.

Ravnskov, U., de Lorgeril, M., Kendrick M. and **Diamond, D.M.** (2018) Inborn coagulation factors are more important cardiovascular risk factors than high LDL-cholesterol in familial hypercholesterolemia. *Medical Hypotheses*. 121:60-3.

**Diamond, D.M.** de Lorgeril, M., Kendrick M., Ravnskov, U., and Rosch, P.J. (2019) Formal comment on “Systematic review of the predictors of statin adherence for the primary prevention of cardiovascular disease”. *PLoS ONE* 14(1): e0205138. <https://doi.org/10.1371/journal.pone.0205138>

**Diamond, D.M.**, Alabdulgader, A.A., de Lorgeril, M., Harcombe, Z., Kendrick M., Malhotra, A., O'Neill, B.O., Ravnskov, U., Sultan, S. and Volek, J.S. (2020) Dietary Recommendations for Familial Hypercholesterolaemia: an Evidence-Free Zone. *BMJ Evidence-Based Medicine*, DOI: 10.1136/bmjebm-2020-111412

### **Book Chapters and Letters to the Editor**

- Ravnskov, U., **Diamond, D.M.**, Karatay, M.C.E., Miller, D.W. and Okuyama, H. (2012) Letter to the Editor: No scientific support for linking dietary saturated fat to CHD. *British Journal of Nutrition*.
- Diamond, D.M.** and Ravnskov, U. (2016) Historical Perspective on the Use of Deceptive Methods in the War on Cholesterol. In: *Fat and cholesterol don't cause heart attacks and statins are not the solution*. ed., Rosch, P.J., Columbus Publishing, Ltd.
- Diamond, D.M.** and Ravnskov, U. (2017) Additional commentary on deception in statin research. *Expert Review of Clinical Pharmacology*. 2017 Dec;10(12):1411-1412. doi: 10.1586/17512433.2015.1102009
- Diamond, D.M.**, Kendrick, M. and Mascitelli, L. Misleading communication of benefits of long-term statin treatment. (2017) *BMJ*, 358:j4171.  
<http://www.bmj.com/content/358/bmj.j4171/rr>
- Diamond, D.M.**, Kendrick, M. and Mascitelli, L. Exaggerated report of benefits in a flawed long term statin treatment study (2017) *BMJ* 359: j4915.  
<https://www.ncbi.nlm.nih.gov/pubmed/29089296>
- Ravnskov, U., de Lorgeril, M., **Diamond, D.M.**, Hama,R., Hamazaki, T. et al., (2018) Response Letter to 'Does High LDL-cholesterol Cause Cardiovascular Disease?'. *Expert Review of Clinical Pharmacology*. 2018.  
<https://www.ncbi.nlm.nih.gov/pubmed/30563359>
- Diamond, D.M.** (2019) An Assessment of Biased and Deceptive Research in Diet Recommendations, Cholesterol Fears and Statin Therapy for Heart Disease Prevention. In: *Lipid Lunacy, Dietary Delusions – and What Really Causes Coronary Heart Disease*, eds., Rosch, P.J., Alabdulgader, A. (2020)