

# Les intervenants

## FRANCE :

### Professor Joel de Leiris

Professor of Physiology at the University Joseph Fourier, Grenoble, France. An expert on the French Paradox.

### Professor Augustin Scalbert

Professor in INRA's Human Nutrition Unit at the Research Centre at Clermont-Ferrand - Theix, France where he is leading groundbreaking work on the influence of micronutrients, including polyphenols, on health with a special emphasis on the nutritional interactions with diseases associated with aging.

### Professor Valérie B. Schini-Kerth

Professor of Pharmacology in the Faculty of Pharmacy at University Louis Pasteur, Strasbourg, France. Her studies of the vasodilator and vascular protective effects of wine polyphenols represent one of the most important breakthroughs in our understanding of these actions.

## UK / ROYAUME UNI :

### Professor Roger Corder

Professor of Experimental Therapeutics in the William Harvey Research Institute at Barts and the London, Queen Mary's School of Medicine & Dentistry, UK. His research on wine became a road of discovery for the wines of South West France, and led him to write *The Wine Diet*.

### Professor Jonathan Gibbins

Professor in the School of Biological Sciences at the University of Reading, UK. An expert on platelet function, he is also studying how dietary factors influence platelets and modify the risk of thrombosis.

### Dr. Mark Pothecary

He recently completed his PhD studies in the William Harvey Research Institute at Barts and the London, Queen Mary's School of Medicine & Dentistry, UK. His investigations of the molecular responses of endothelial cells to grape polyphenols have revealed multiple new insights into their impact on vascular function.

### Professor Alan Crozier

Professor of Plant Biochemistry and Human Nutrition at the University of Glasgow, UK. He is an expert on the absorption, metabolism and protective effects of dietary polyphenols from fruits, vegetables and beverages. He is an editor of the recently published book on this topic - *Plant Secondary Metabolites: Occurrence, Structure and Role in the Human Diet*.

# Speakers

*A group of scientists and clinicians who are internationally recognised as leading experts in this field.*

*Un groupe de scientifiques et de cliniciens internationalement reconnus comme des experts dans leur domaine.*



## ITALY / ITALIE :

### Professor Giovanni de Gaetano

Professor and Head of the Research Laboratories at the Centre for High Technology Research and Education in Biomedical Sciences, Catholic University, Campobasso.

## CHILE / CHILI :

### Professor Federico Leighton

Professor in the Faculty of Biological Sciences at the Catholic University, Santiago, Chile. He has been making crucial advances in understanding the contribution wine plays as part of the Mediterranean diet to vascular health and wellbeing.

## USA :

### Professor R. Curtis Ellison

Chief of Preventative Medicine and Epidemiology and is Professor of Medicine and Public Health at Boston University School of Medicine, USA. During the past twenty years he has been a leading authority in the study of alcohol consumption and health, and one of the most influential figures in this area.

## DENMARK / DANEMARK :

### Professor Morten Grønbaek

Professor and Deputy Director of Research at the National Institute of Public Health, Copenhagen, Denmark. He is also a key figure as the author of more than 100 articles on the influence of alcohol on health, many of which are milestones in this field.

# Southwest French paradox

The Greek physician Hippocrates was using wine as an antiseptic, diuretic and sedative as far back as 400 B.C.

Louis Pasteur said (1822-95) : "Wine is the healthiest and most hygienic of drinks".

In 1979, Dr Selwyn St Leger, compared figures for heart disease in men aged 55 to 64 in Europe, North America and Australasia.

France had the lowest number of deaths and the highest wine consumption. At the same time, French epidemiologists observed that the French had relatively low rates of coronary heart disease, despite high consumption of saturated fat. This became known as "The French Paradox". The idea that regular wine-drinking could account for the French paradox was put forward by Dr Serge Renaud in 1991. He also put forward the idea that alcohol's ability to inhibit blood-clotting mechanisms underlines this protective effect. Other recent studies have suggested that wine drinkers may enjoy protection from stroke, peripheral artery disease and dementia.

The French paradox of low levels of heart disease despite high saturated-fat consumption has intrigued wine drinkers since it was first reported - and my research led me to analysing the wines in the gers area of South-West France where Madiran and St Mont wines are made. If there was truly a French paradox then it was here. Gers has double the national average of men aged 90 or more. So if red wine is the protecting force, then this region's wines must be providing special benefits.

*Extract from "The Daily Telegraph" (November 27, 2006)*

# Vins du Sud-Ouest : le French paradox



Historique de l'étude de l'influence de la consommation de vin sur la santé.

400 ans avant J.C : en Grèce, Hippocrate utilisait le vin comme antiseptique, diurétique et sédatif.

Au XIXème : en France, Louis Pasteur déclare "Le vin est la meilleure boisson pour la santé et la plus hygiénique"

En 1979 : le Dr Selwyn St Leger compare les causes de mortalité des hommes de 55 à 64 ans en Europe, Amérique et Australie. La France présente le taux de mortalité le plus faible et la consommation de vin la plus élevée.

Simultanément les épidémiologistes français relatent la faible proportion de maladies cardiovasculaires malgré la forte consommation de nourriture grasse.

Ce fut la naissance du "French paradox".

En 1991 : en France, le Dr Serge Renaud publie l'étude qui confirme les propriétés inhibitrices de l'alcool sur la formation des caillots sanguins.

De nombreuses autres études confirment toutes les propriétés protectrices du vin contre les attaques d'apoplexie, les maladies touchant les artères et la démence.

Les consommateurs de vin sont généralement en meilleure santé et vivent plus longtemps que les abstinentes. C'est un constat statistiquement prouvé. Moins de maladies cardiovasculaires, moins de diabètes et moins de démences sévères. Mais pourquoi ?

Le Gers a un taux de nonagénaires deux fois plus élevé que dans le reste de la France.

Est-ce grâce au vin, au régime alimentaire ou à leur façon de vivre ? Probablement un mélange des trois. Si le French paradox existe, c'est bien ici. Mais est-ce dû au Madiran et au St Mont produits dans cette région ?

Les dosages d'IPT sont formels : les Madiran et les Saint-Mont sont les vins les plus riches au monde en procyanidines.

*Extrait et traduction de l'article du Professeur Roger Corder "The Daily Telegraph" (27/11/2006)*

## Wines of Southwest France : live better, live longer

"Here we identify procyanidins as the principal vasoactive polyphenols in red wine and show that they are present at higher concentrations in wines from areas of southwestern France and Sardinia, where traditional production methods ensure that these compounds are efficiently extracted during vinification. These regions also happen to be associated with increased longevity in the population.[...]

In France, there are marked regional variations in mortality from coronary heart disease. We used the 1999 census data to identify unusual patterns of ageing in France (see supplementary information) and found that there are relatively more men aged 75 or over in the département of Gers in the Midi-Pyrenees in Southwest France."

Extract from "Nature" vol 444 / 30 november 2006. A research carried out by Roger Corder.

## Who is Roger Corder?

Roger Corder is Professor of Experimental Therapeutics at the William Harvey Research Institute (part of Barts & the London School of Medicine and Dentistry, Queen Mary, University of London).

After training as a pharmacist, he pursued a post graduate career in research with an MSc degree in pharmacology and Ph.D. training in endocrinology. For more than 20 years, he has been studying the hormonal regulation of vascular function.

Professor Corder is a world-recognized authority on the regulation of endothelin synthesis in the vasculature, and has published some key papers in this area. This interest led Professor Corder and his research group to study whether red wine could inhibit endothelin synthesis.

Professor Corder is a member of the Royal Pharmaceutical Society of Great Britain. He is also a member of a number of professional bodies including the Society of Endocrinology, British Pharmacological Society, American Heart Association (High Blood Pressure Research Council, and Arteriosclerosis Thrombosis and Vascular Biology Council), and American Society for Pharmacology and Experimental Therapeutics.

## Vins du Sud-Ouest : la santé prolongée

Parce qu'ils sont riches en procyanidines, les vins du Gers sont champions de la protection vasculaire.

Les connaissances sur les bienfaits cardiovasculaires du vin s'affinent et par là même celles sur les cépages les plus bénéfiques. Si l'on s'en réfère au travail de Roger Corder et de son équipe, les vins rouges du Sud-ouest de la France, surtout du Gers, ainsi que ceux de Sardaigne, tiennent le haut du pavé, grâce à leur teneur élevée en un polyphénol, l'OPC (procyanidine oligomérique). Une particularité qui leur est conférée, d'une part, par leur procédé de vinification et, d'autre part, par leur cépage, le Tannat, peu utilisé dans les autres vignobles.

Une consommation élevée de polyphénols, rappellent les chercheurs, inhibe l'athérosclérose sur des modèles animaux.

L'étude a été poussée un peu plus loin. Les Britanniques se sont intéressés à la relation entre le contenu en OPC des différents crus et les plus grandes longévités. Deux régions viennent en tête : la province de Nuoro, en Sardaigne et le département du Gers. Les hommes y vivent particulièrement vieux (plus de 75 ans).

Effectivement, les vins du Gers contiennent de deux à quatre fois plus d'OPC que les autres, ainsi que des facteurs biologiquement actifs.

Dr Guy Benzadon "Le Quotidien du Médecin" du 30/11/2006

## Qui est Roger Corder?

Roger Corder est professeur de Thérapeutique Expérimentale au "William Harvey Research Institute, Queen Mary, Université de Londres".

Après des études de pharmacie, il a poursuivi son cursus dans la recherche et possède un Master en pharmacologie. Il est aussi diplômé d'un doctorat en endocrinologie. Pendant plus de 20 ans il a étudié la régulation hormonale des fonctions vasculaires.

Le Professeur Corder est mondialement reconnu pour ses compétences en régulation de la synthèse des endothelines dans le système vasculaire, et il a publié des travaux clés dans ce domaine. Ces travaux ont amené le Professeur Corder et son équipe à étudier si le vin rouge pouvait être un inhibiteur de la synthèse endothéline.

Le Professeur Corder est membre de la "Royal Pharmaceutical Society" de Grande Bretagne. Il est également membre d'un grand nombre d'associations professionnelles dont les "Society of Endocrinology, British Pharmacological Society, American Heart Association (High Blood Pressure Research Council, and Arteriosclerosis Thrombosis and Vascular Biology Council), and American Society for Pharmacology and Experimental Therapeutics".

