

Mechanisms of Flavanol Effects on Lipoproteins and Vascular Cell Injury

Flavanols are a subgroup of phytochemicals known as flavonoids. Several flavanols have been shown to influence vascular health and this is the basis for current recommendations regarding consumption of flavanol-rich foods such as red wine, grapes, tea and cocoa. Dr. Rutledge's research group aims to study the specific way that flavanols influence lipids and lipoproteins and how these actions may affect cardiovascular health. The ultimate goal of this work is to develop better treatments for atherosclerosis.