

## **P3-210 “Plant-based anti-inflammatory agents may reduce the risk of chronic inflammatory diseases”**

**Latha Devareddy (PI)**  
**Department of Food Science**  
**University of Arkansas, Fayetteville**

**Anne Grippo (Co-PI)**  
**Department of Biological Sciences**  
**Arkansas State University, Jonesboro**

### **Abstract:**

Postmenopausal women suffer increased risk of cardiovascular disease, due in part to atherosclerosis. Atherosclerosis, in turn, may be caused by elevated levels of serum cholesterol, and by inflammation. Our project will use a laboratory rodent model for menopause, and will introduce plant-based diets containing molecules that may prevent inflammation and lipid imbalance. We will measure inflammation and blood chemistry in these animals, as well as cardiovascular endpoints, such as blood pressure, to monitor the success of the plant based diets in preventing atherosclerosis and subsequent cardiovascular disease.