

Peripheral artery disease severely reduces blood flow to leg muscles, resulting in extensive and prolonged ischemic muscle damage. A multi-disciplinary team of scientists from York University, University of Western Ontario and Karolinska Institute (Sweden) discovered that short-term administration of a high fat diet improves blood flow recovery, oxygen delivery and muscle health following ischemic damage. These findings demonstrate that dietary interventions may provide a tool to improve muscle recovery, functional independence and overall quality of life for individuals affected by severe muscle damage.

Reference: Nwadozi E, Rudnicki M, De Ciantis M, Milkovich S, Pulbere A, Roudier E, Birot O, Gustafsson T, Ellis CG, **Haas TL**. High-fat diet pre-conditioning improves microvascular remodelling during regeneration of ischaemic mouse skeletal muscle. *Acta Physiol (Oxf)*. 2020;229(1):e13449. doi:10.1111/apha.13449

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