Dear Members of the 'Young Investigator Awards´ Committee,

I am writing to you to nominate **Dr. Juan F. Alcala-Diaz** for the *Young Investigator Awards* for outstanding publications in 2022 to the advancement of knowledge in the field of atherosclerosis and linked metabolic disturbances for his recent publication as first author: ***Long-term secondary prevention of cardiovascular disease with a Mediterranean diet and a low-fat diet (CORDIOPREV): a randomised controlled trial. Lancet. 2022 May 14;399(10338):1876-1885. doi: 10.1016/S0140-6736(22)00122-2.***

Dr. Alcala-Diaz is an incredibly talented and motivated young Internal Medicine specialist at Reina Sofia University Hospital (Cordoba, Spain) and researcher at 'Instituto Maimónides de Investigación Biomédica de Córdoba' (IMIBIC, Cordoba, Spain). PhD in Biomedicine, Master in Nutrition and Metabolism and Master in Bioinformatics and Computational Biology, he has made remarkable contributions to the field of the effect of diet on the expression of cardiovascular risk factors, the biological mechanisms related to atherosclerosis and the study of gene-environment interactions, among others. He has published more than 80 papers in peer-reviewed journals since 2012, with H-Index = 25 and presented his findings at numerous conferences previously. His research has focused on developing innovative ways to diagnose and manage atherosclerosis and related metabolic diseases, and his work has advanced our understanding of the disease process and has provided valuable insights into the mechanisms of its development.

In particular, Dr. Alcala-Diaz as first author in the recently published article in *The Lancet* has participated in the only trial in the last 23 years evaluating the impact of the Mediterranean Diet versus any other active comparator in secondary cardiovascular disease prevention. This implies that the impact of the Mediterranean Diet in the set of current treatment guidelines has not been tested ever until the CORDIOPREV study. The results of this study provide evidence that the Mediterranean Diet is better than the Low-Fat Diet in preventing cardiovascular recurrence. CORDIOPREV is, until now, the most extensive conducted study on secondary prevention with Mediterranean Diet, the one with the longest follow-up, and the one with more events reported. This study is a hallmark for the effect of the Mediterranean Diet on secondary prevention and may change clinical follow-up of coronary patients and even change the level of recommendation of clinical guidelines of cardiovascular secondary prevention, giving scientific support from clinical trials to the recommendation of Mediterranean Diet for secondary prevention.

The results of this article open the door to the identification of the pathophysiological causes of the effects of diet on the cardiovascular disease, and this will be one of Dr. Alcala-Diaz's main opportunities of

development in the immediate future. Examples of this are articles already published by our group on the effect of nutritional intervention in the CORDIOPREV study on markers of subclinical atherosclerosis such as carotid intima-media thickness (*Stroke. 2021 Nov;52(11):3440-3449*), on endothelial function (*PLoS Med. 2020 Sep 9;17(9):e1003282*), regulation of postprandial lipid metabolism (*Am J Clin Nutr. 2018 Nov 1;108(5):963-970*), or renal function (*Clin Nutr. 2022 Feb;41(2):552-559*), among others.

Dr. Alcala-Diaz is currently studying the effects of genotype in the results found in the CORDIOPREV study, in his first PI national project (PI22/01962). In the case of being awarded a prize in the current *Young Investigator Awards*, the prize will be used to increase the scope of this project and discover new relationships in the pathophysiology of gene/nutrition interactions in atherosclerosis.

I strongly believe that Dr. Juan F. Alcala-Diaz is an excellent candidate for the *Young Investigator Awards*.

Yours sincerely,

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