

CHARLES UNIVERSITY
FACULTY OF PHARMACY IN HRADEC KRALOVE

Department: Biological and Medical Sciences

Master's degree program in Pharmacy

Opponent's review of Master's thesis

Student's name: Anastasia Vlasopoulou

Mentor of the thesis: doc. PharmDr. Miloslav Hronek, Ph.D.

Year of the thesis
defense: 2022

Opponent of the thesis: PharmDr. Miroslav Kovařík, Ph.D.

Title of the thesis:

Mediterranean diet and prevention of diseases.

Formal comments: number of pages: 61, number of figures: 29, number of tables: 0, number of references: 64.

Type of work: Literature review

- a) The aim of the thesis is: Fulfilled
- b) Language and graphic level: Excellent
- c) Processing of the theory: Excellent
- d) Methods description: Not commented, Literature review thesis
- e) Results description: Not commented, Literature review thesis
- f) Discussion and conclusions: Very good

I recommend Diploma thesis for the recognition as Rigorous thesis .

Opponent's comments:

The topic of this review work is very up-to-date with more than 7 thousands articles on Web of science on topic Mediterranean diet in last 5 years. The topic is somewhat broad, yet the author has shown a good orientation in the issue. In terms of content it is processed very successfully. The work is written (with few exceptions) clearly. Only some formal deficiencies can be criticized:

Abstracts are missing a form header.

The division of chapters is not consistent (some chapters are named according to the category of the food, others according to the type of nutrients). For some chapters there is a discrepancy between their title and content (e.g. Mediterranean diet and cardiovascular diseases deals with effect of olive oil only on cardiovascular diseases).

The links to figures in the text are frequently missing, many of them are listed after the figure, some are also incorrectly numbered. Confusing are also the numbers of original references left in some figures that do not match the references in the thesis. Abbreviations used in figures are not always explained in the legend.

The term "collateral cancer" appears repeatedly in the text, perhaps it should be colorectal cancer.

Questions:

- 1) You state that docosahexaenoic acid is synthesized in a lower amount than eicosapentaenoic acid. It is known the ratio of synthesis of these fatty acids?
- 2) You cited the research of Lucas et al. describing association between breastfeeding and IQ of infants. Is there any work studying the association between docosahexaenoic acid level in maternal milk and IQ of infants?
- 3) You cited the research from Japan demonstrating that fish consuming led to a decrease in leukocytes count. It was within the normal range or not? Were there present also changes in differential count of leukocytes?
- 4) In the elderly there is recommended higher intake of vitamin B12, could you specify the recommended doses?

Evaluation of Master's thesis: Excellent

Recommendations for the thesis defense: Recommended

In Hradec Kralove May 24, 2022

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Opponent's signature