



DIET AND CARDIOVASCULAR RISK REDUCTION.

Medicine

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KEYWORDS

Cardiovascular disease risk factors can be divided into two groups Non modifiable and -Modifiable. Non-modifiable cardiovascular disease risk factors are those that cannot be changed. These include age, genetic factors family history. Modifiable risk factors like Smoking. Physical inactivity Diet. Obesity, they can be reduced or controlled by making certain lifestyle changes.

Cardiovascular risk factors**Smoking**

Smoking tobacco increases the chance of developing cardiovascular disease. Smoking cause damages and narrowing of arteries, causing angina pectoris and heart attack^{1,2,3}

Physical inactivity

Physical inactivity is an important risk factor for cardiovascular disease. Person not exercising regularly increases a person's chances of being overweight, or having high blood pressure At least 2 hours of moderate to high-intensity exercise per week.⁴

High blood pressure (hypertension)

High blood pressure, known , is major contributing factor to cardiovascular disease, causing heart failure, stroke and heart attack. High blood pressure is often symptomless, High blood pressure is related to overweight, physical inactivity, a high intake of salt or alcohol or a family history of the disorder, but in some may have no apparent cause. Lifestyle changes may help to reduce high blood pressure and, in severe cases, medication may be prescribed.⁵

Diabetes

Diabetes, is a risk factor for developing cardiovascular disease. High glucose levels can formation of end glycation products that damage to the artery walls causing atherosclerosis . If these fatty deposits occur in the coronary arteries, they can lead to possible coronary heart disease and heart attack.

Cholesterol

High levels of low-density lipoprotein (LDL) cholesterol – also known as “bad cholesterol” –is harm full. . To reduce LDL cholesterol levels, people can eat a balanced diet, undertake regular exercise and quit smoking.

Diet

Eating an unhealthy diet is a significant risk factor for cardiovascular disease. , a balanced diet made up of plenty of fruits and vegetables, complex carbohydrates and protein and excess fats, salts and sugars to be avoided.⁶

Various studies have demonstrated the anti-inflammatory effects of olive oil rich diets [7], PUFAs, as Omega-3 fatty, α -linolenic acid (ALA), eicosapentaenoic acid (EPA), , have been reported as potential anti-atherogenic agents for the atherosclerotic process...^{7,8,9,10,11}

Wine and Alcoholic Beverages, there are many studies to conclude that regular moderate consumption of fermented alcoholic beverages, mainly red wine and beer, has cardioprotective effects^{12,13}

Mediterranean and DASH dietary patterns may reduce the incidence CVD through the down-regulation of low-grade inflammation and better control of body weight, which also improve other risk factors, and are correlated with lower numbers of clinical .

CONCLUSION-

The increasing burden of cardiovascular disease (CVD),in population is driving a major attention on CVD risk reduction. ..A heart-healthy

diet, regular physical activity, smoking cessation, and maintaining a healthy weight can control the CVD Mediterranean diet reduces cardiovascular risk . In a nutshell, the diet is rich in plants and olive oil but low in meat and sugary products.

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