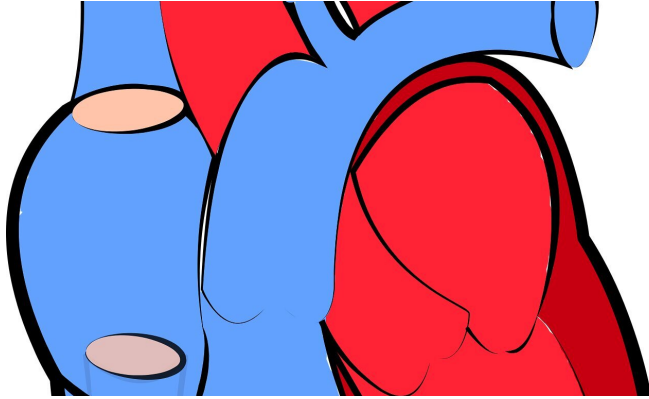


Mayo clinic minute: Reversing versus preventing heart disease

13 February 2020, by From Mayo Clinic News Network



"There are so many good benefits to lifestyle in addition to just helping your heart. It also helps reduce Alzheimer's disease, almost all cancers and arthritis. A lot of good things happen," says Dr. Kopecky.

©2020 Mayo Foundation for Medical Education and Research

Distributed by Tribune Content Agency, LLC.

Credit: CC0 Public Domain

Regular exercise, a heart-healthy diet, maintaining a healthy weight and not smoking can help prevent heart disease. But is there anything that you can do to reverse it?

Yes, in certain cases, says Dr. Stephen Kopecky, a Mayo Clinic cardiologist. "The heart disease you can reverse is the narrowing of the arteries in the heart," says Dr. Kopecky.

He says even if you have known [heart disease](#), you can improve your risk factors for developing blockages that cause heart attack. And while [lifestyle changes](#) won't open an artery if it's already blocked by calcification, they can help prevent other blockages from happening.

"Once you do things like [stop smoking](#), take care of your diabetes, take care of blood pressure, the progression stops," says Dr. Kopecky.

Making changes isn't easy and it takes some time to see improvements. Dr. Kopecky says to start small. Replace a bag of chips with an apple and build from there. Because, he says, it's worth it.

APA citation: Mayo clinic minute: Reversing versus preventing heart disease (2020, February 13) retrieved 12 July 2022 from <https://medicalxpress.com/news/2020-02-mayo-clinic-minute-reversing-heart.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.