

ELIMINATING 90% OF YOUR RISK OF CARDIOVASCULAR DISEASE

There are few genetic conditions that can cause people to have high cholesterol, no matter what they eat, but such genetic mutations occur in every other person. This is one of the things that most people with atherosclerosis do it through what they put in their mouth.

The INTERHEART study shows that for men and women, both old and young, there are 9 potential variables such as eating, exercising and smoking, contributing to 90% of the risk of heart attack. And this has been confirmed in prospective studies. If we follow a group of men over a period of time, we will see that those who choose a healthy lifestyle, are associated with a 90% risk reduction. The same is true for women, with 92% of the risk disappearing.

It is the same with diabetes - 91% of cases can be attributed to bad habits and behavior. And the same healthy lifestyle, including eating, eating and maintaining optimal body weight, can reduce the risk of multiple chronic diseases at the same time - not only heart disease and diabetes, but also stroke. Up to 80% of stroke cases can be avoided with simple lifestyle changes.

How can this compare with medicine? Why change our diet, lose weight and move, if we can just drink pills instead? Pharmacological treatments, including cholesterol-lowering statins, and blood pressure pills generally reduce the risk of cardiovascular disease by 90%, but only by 20% to 30%.

So, even with medication alone, 70% to 80% of heart attacks will continue to occur. One of the nice things about this study, Harvard Health Professionals Tracking, is that it also looks at the effect of lifestyle changes.

Even those with medicines to lower blood pressure and cholesterol they can still get an additional 78%. So the choice is not diet or medicine. [Drugs for cardiovascular problems](#) should be used as an adjunct, not as a substitute for healthy lifestyle practices. It takes time for new science to slip into traditional medical practice.

Cardiology and medicine in general can react, an average of 10 or 20 years later. So it is important to know if your doctor is still behind and practicing medicine from the 20th century.

About the Author

Dr Boon Lim was again awarded Top Doctor of the year in 2018 for cardiology, making it the second consecutive year that Dr Lim has been awarded this accolade voted by physician peers across the UK. [Learn About Cardiovascular Problems](#)