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Board Certified in Internal Medicine, Cardiology, and Nuclear Cardiology. Awarded International Association of Cardiologists "Leading Physician of the World," "Top Cardiologist in Babylon, NY," 2010 "Compassionate Doctor Award," Patient's Choice Award winner three years in a row (2008-2010), and "One of America's Top Cardiologists 2010"



Your Heart and Health



WHAT ROLE DO ANTIOXIDANTS HAVE IN PREVENTING HEART DISEASE?

David Kavesteen, MD, FACC

Antioxidants are natural substances or nutrients found in our food that are believed to help prevent oxidative damage to our body. When our cells use oxygen on a daily basis, they naturally produce byproducts known as "free radicals" which travel throughout the body harming cells. Antioxidants help slow down this process by acting as "free radical scavengers," preventing the damage caused by these free radicals. Without adequate amounts of antioxidants, oxidative damage can contribute to the development of coronary heart disease (CHD). Antioxidants also have a role in enhancing the immune system and decreasing the risk of infections and cancer.

What exactly does this mean for me?

Studies on the development of atherosclerosis (cholesterol build-up in arteries resulting in decreased blood flow to the heart) suggest that a higher intake of some antioxidants

may offer protection. There are some evidence associating high dietary intake of antioxidants (from fruits, vegetables, and whole grains) to a reduced risk of CHD. However, more controlled clinical trials are needed.

These are few antioxidants:

- Vitamin E
- Beta Carotene
- Antioxidant Rich Foods: whole grains, citric fruits, and green vegetables are associated with a reduced risk of cardiovascular disease. In addition, foods such as purple grapes, blueberries, and red wine may also contain flavonoids and lycopenes (nutrients not found in vitamin supplements) which may also be protective.

What are the current recommendations?

The current recommendation from the

American Heart Association's nutrition committee is to eat a balanced diet with plenty of antioxidant-rich fruits, vegetables, and whole grains. Further studies must be done before the AHA recommends vitamin supplementation for heart disease prevention.

Prevention is the key: These are few steps you can take to reduce your risk factors include maintaining a healthy weight, exercising regularly, quitting smoking, controlling blood pressure and diabetes, eating foods low in fat, lowering cholesterol, and managing stress.

For More information visit www.HeartandHealth.com or contact us at Heart and Health 1350 Deer Park Ave N- Babylon NY 11703 (631) 482-1355

YOUR HEART AND HEALTH

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