

2nd International Congress on**RESTORATIVE & ALTERNATIVE MEDICINE**

November 06-07, 2017 | Vienna, Austria

Prevention of coronary artery disease-role of diet and lifestyle**Smriti Sharma**

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In the current scenario, the mortality rates due to cardiovascular diseases, specially the prevalence of acute coronary syndrome (ACS) increases, representing the most common cause of morbidity in both developed and developing countries and resulting in great economic burden. The present lifestyle factors such as diet, exercise, physical activity, mental stress and smoking habits which majorly contribute to obesity, diabetes, hypertension and metabolic syndrome deserve further attention. Secondary prevention of cardiovascular events cannot be accomplished simply through medical treatment but it requires a multifaceted approach, incorporating lifestyle modifications too. Unfortunately, many patients as well as the medical community, continue to rely on coronary revascularization procedures and cardio protective medications as a preliminary treatment but these therapies do not root out the problem. Risk factors for heart disease are unhealthy dietary practices, physical inactivity, and cigarette smoking. Cholesterol is a constituent of atherosclerotic plaque. Low-density lipoprotein (LDL) can be oxidized by smoking which can be prevented by dietary antioxidants like vitamins and poly phenols. The best way to prevent coronary artery disease (CAD) is to make significant lifestyle changes such as: Yoga and meditation for greater lung capacity, weight loss, toned body, lower blood pressure, stress relieving techniques for better mood, stronger bones and a reduced risk of developing osteoporosis and for more endurance. The role of lifestyle intervention is to improve glucose and insulin homeostasis, as well as physical inactivity and/or low aerobic fitness. Accordingly, intensive diet and exercise interventions can be highly effective in facilitating coronary risk reduction, complementing and enhancing medications, and in some instances, even outperforming drug therapy.