

Cardiovascular diseases remain the main cause of mortality around the world, and problems associated with cholesterol play a significant role in the development of these pathologies. This was told by the chief freelance cardiologist of the Moscow Region Maria Glezer.

According to Glezer, "bad" cholesterol is a key factor affecting the health of a person, which is based on obesity and smoking. She noted that both obesity and smoking can significantly increase the risks of the development of heart disease.

The doctor emphasized that obesity in itself directly affects the level of cholesterol, and in smokers the risk can grow 12 times. Glezer also noted that the diet is crucial for monitoring the level of cholesterol and the prevention of cardiovascular diseases. She recommended to adhere to a balanced diet rich in fiber, vegetables and fruits.

The doctor explained that drugs can help normalize the level of cholesterol, but only a doctor can prescribe them after a thorough examination.

"There should always be a lot of fiber, dietary fibers, vegetables and fruits in the diet. At the same time, there should be meat, but not a fat variety, but more lean: chicken, turkey, rabbit, beef. Sometimes you can eat lamb, pork, but not get carried away," the doctor noted, adding the importance of fishing.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.