

## The cardiologist warned about the risk of heart from excess protein, alcohol and excessive training

Cardiologist Dmitry Yaranov from Stern Cardiovascular warned that even useful habits could harm the heart if they bring them to the extreme.

In an interview with Business Insider, he identified several risk factors. Excessive protein consumption, especially from products with a high cholesterol content (red meat, dairy products), increases the inflammation and load on the kidneys, which can lead to problems with the heart.

According to research, such diets increase the risk of heart failure by 50%.

It is dangerous and “drunken” to drink alcohol on weekends – it is associated with arrhythmias, increased pressure and cardiomyopathy, even in people who have been leading a healthy lifestyle for the rest of the time.

Finally, excessive training to the detriment of sleep increases the level of inflammation and stress, which negatively affects the heart. According to Yaranov, the key to heart health is moderation and balance.