

**THE ROLE OF A HEALTHY LIFESTYLE IN REDUCING HEART DISEASE**

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**Annotation:** This article discusses the importance of a healthy lifestyle in reducing cardiovascular disease, creating a healthy heart, and preventing cardiovascular disease early.

**Keywords:** cardiovascular disease, healthy lifestyle, creating a healthy heart.

Maintaining heart health is of utmost importance for a good quality of life. However, heart diseases and conditions remain the leading causes of death worldwide. There are many diseases that cause functional impairment in the heart, some of which are not preventable. However, most cases of heart disease are preventable. Simple lifestyle changes and healthy lifestyle choices can make a big difference in heart health for a healthy and happy life. Consult the best heart doctor in Bangalore at Apollo Hospitals, Karnataka for comprehensive heart disease management and prevention.

How to take care of your heart

The cardiologists at the best heart hospital in Bangalore - Apollo Hospitals Karnataka offer several ways for everyone to take care of their heart and improve their overall health, which helps the heart function well, prevents diseases and allows everyone to live a healthy life. Here are some ways to take care of your heart:

1 Eat a Healthy and Nutritious Diet

Diet choices play a crucial role in determining a person's overall health. It is important to include a variety of nuts, seeds, fruits and vegetables, lean proteins, and whole grains in your diet to ensure good heart health. All of these foods provide the macro and micronutrients needed to maintain a healthy and strong heart.

Foods high in trans fats and saturated fats should be avoided as much as possible, as they can increase cholesterol levels, which directly affects heart health. In addition, foods high in cholesterol, added sugars, and sodium should be avoided. Instead, foods like berries, nuts, seeds, and oily fish provide healthy fats for a balanced diet.

It is also important to stay hydrated. Dehydration can strain the cardiovascular system and put stress on the heart. Drink enough water to maintain optimal blood volume, which allows the heart to function optimally.

2 Achieving and maintaining a healthy weight

Achieving and maintaining a healthy weight is essential for cardiovascular health. Being overweight or obese increases the risk of developing heart disease later in life. Therefore, maintaining a healthy weight is essential for optimal heart health and function. This can be achieved by planning a healthy diet and incorporating regular physical activity into your routine.

### 3 Establish a Regular Exercise Routine

Nothing beats a regular exercise routine when it comes to maintaining good health and preventing disease. This goes hand in hand with a healthy, balanced diet. Regular exercise improves cardiovascular function and strengthens the heart in the most effective way.

Physical activities such as walking, jogging, cycling, swimming, and running ensure that all parts of the body function optimally. In addition, regular exercise for at least 30 minutes a day improves blood circulation and helps maintain a healthy weight, which not only improves heart health but also contributes to overall well-being.

### 4 Quit Smoking for Good

Smoking is one of the biggest risk factors for cardiovascular disease. It not only raises blood pressure levels, but it also reduces oxygen consumption. Smoking also causes blood clots and plaque buildup in blood vessels, which can lead to heart attacks. By actively quitting smoking, you can improve the quality of your blood vessels and thus improve your overall heart health.

Quitting smoking can be difficult, but there are a variety of resources available to help you take the first step in the right direction. It can also be helpful to consult a healthcare professional to seek help to quit smoking and improve your quality of life.

### 5 Limit your alcohol intake

Alcohol consumption is another risk factor for cardiovascular disease. While moderate drinking is not a cause for concern, it can lead to cardiovascular disease if a person drinks excessively. Excessive alcohol consumption is associated with high blood pressure, atrial fibrillation, and an increased risk of other heart diseases. Therefore, it is recommended to drink in moderation, meaning no more than one drink per day for women and two drinks per day for men.

### 6 Stress Management

Stress almost always has a negative impact on the body's functions and functioning. It is known to increase blood pressure levels, which is not good for heart health. Chronic stress can damage arterial walls over time, which can lead to the development of heart disease. Therefore, it is very important to manage and reduce stress well. Practice yoga, meditation, and deep breathing techniques regularly, which can help calm the mind and reduce stress over time. It is also important to get enough and quality sleep.

### 7 Regularly Visiting Your Doctor

One of the most underrated ways to ensure optimal health is to visit your doctor for regular checkups. These tests provide detailed analysis of the functioning of various organs, which is an important component of understanding cardiovascular health and preventing heart problems by identifying heart problems as early as possible.

Regular checkups, as recommended by your doctor, not only help maintain your quality of life, but also prevent death and complications from diseases by assessing each potential risk factor for heart disease, such as blood cholesterol levels, blood pressure levels, and blood glucose levels. Thus, by undergoing regular checkups, you can take a proactive stance in ensuring optimal heart health.

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