

## Mayo Clinic Minute

### The New Holiday Heart

Video	Audio
	A toast to the holidays, a tradition for many But, alcohol can cause irregular heart rhythms or heartbeats especially this time of year. It's called holiday heart.
<b>sot:</b> <b>Stephen Kopecky, M.D.</b> <b>Cardiologist</b> <b>Mayo Clinic</b>	"Holiday heart was originally termed for people who would go to parties around holiday time and drink a little too much alcohol."
	Mayo Clinic cardiologist Dr. Stephen Kopecky says doctors have known about the effects of alcohol on the heart for decades. Now they know there's another holiday heart-related danger. High fat foods.
<b>Stephen Kopecky, M.D.</b> <b>Cardiologist</b> <b>Mayo Clinic</b>	"It's been shown within 90 minutes, a big fatty meal with saturated animals fats will start to effect the lining of the arteries."
	That lining can become irritated, making it more likely to rupture or tear — then a clot could develop, block blood flow and cause a heart attack.
	But, who can resist those rich holiday favorites?
<b>sot: Stephen Kopecky, M.D.</b> <b>Cardiologist</b> <b>Mayo Clinic</b>	"So what do you do? Take less."
	Dr. Kopecky says by including some healthy choices on your plate, reducing the amount of fat you eat and alcohol you drink, you can still enjoy some of those holiday treats.
<b>Vivien Williams</b>	For more health news, visit the Mayo Clinic News Network. I'm Vivien Williams