

## Mayo Clinic Minute

### Capsaicin's connection to heart health

Video	Audio
<b>Vivien Williams</b> <b>VO: Peppers</b>	Fresh hot peppers can be more than tasty. Studies suggest they may promote heart health.
<b>DeLisa Fairweather, Ph.D.</b> <b>Cardiovascular Disease</b> <b>Mayo Clinic</b>	"Hot peppers, or even green or red peppers, are able to reduce heart disease and reduce death from heart disease."
<b>Vivien Williams</b>	Dr. DeLisa Fairweather says an ingredient in peppers called "capsaicin" is the key.
<b>DeLisa Fairweather, Ph.D.</b>	"Capsaicin has anti-inflammatory properties."
<b>Vivien Williams</b>	Why is that important for heart health? Dr. Fairweather says inflammation drives plaque buildup in blood vessel walls. And since capsaicin reduces inflammation, it may help prevent that process from happening. Capsaicin also may help boost your immune system, further reducing risk.
<b>DeLisa Fairweather, Ph.D.</b>	"There really could be important benefits that you could have from eating hot chili peppers, especially in their ability to reduce some of these immune cell responses that are driving atherosclerosis and heart attacks."
<b>Vivien Williams</b>	More research is needed to learn more about capsaicin and heart health. But Dr. Fairweather says working hot peppers into a healthy diet could be a great idea.
	For the Mayo Clinic News Network, I'm Vivien Williams.