Mayo Clinic Minute

Reversing versus preventing heart disease

Video	Audio
	You can help prevent heart disease if you exercise regularly, eat right, maintain a healthy weight, reduce stress and don't smoke. But can you do anything to reverse it if you already have it?
	"Very clearly, it is possible to reverse heart disease."
	Dr. Stephen Kopecky says …
	"… the heart disease you can reverse is the narrowing of the arteries in the heart."
	He says even if you have known heart disease, you can help improve your risk factors for developing blockages that cause heart attack. And while lifestyle changes won't open an artery if it's already blocked by calcification, they can help prevent other blockages from happening.
Stephen Kopecky, M.D. **Cardiovascular Disease** **Mayo Clinic**	"Once you do things like stop smoking, take care of your diabetes, take care of blood pressure, the progression stops."
	Making changes isn't easy. Dr. Kopecky says to start small. Replace a bag of chips with an apple, and build it from there.
	"There are so many good benefits to lifestyle in addition to just helping your heart. It also helps reduce Alzheimer's, reduce almost all cancers, reduces arthritis. A lot of good things happen."
	For the Mayo Clinic News Network, I'm Vivien Williams.