

[IMAGE]

## Protect Your Heart With Exercise

Many people who have been through coronary heart disease or a stroke know that it is critical to attend to their health in the months after their health incident. Many take a variety of drugs to treat their condition, but now there are more effective ways that do not have setbacks such as nasty side effects that can cause a whole other set of problems. A new study found that getting active by exercising was more effective among patients recovering from a stroke or heart attack.

This latest study review published in the British Medical Journal is great news for those trying to also prevent a stroke or heart attack altogether. The many benefits that exercise can bring to your health are endless.

According to the study, exercise should be included as a comparison in the development of new medicines, because there were no statistically detectable differences between exercise and drug treatment for patients with coronary heart disease or pre-diabetes, and exercise was more effective among patients recovering from a stroke.

exercise - Copyright â Stock Photo / Register Mark The review included 305 studies involving 339,274 participants and the drugs they used for comparison were statins, beta-blockers and diuretics among others. The review was conducted by researchers at Harvard University and Stanford University.

Lifestyle changes go a long way, and this study is the latest to prove it. The information is also essential as cardiovascular disease continues to be the leading cause of death globally, according to the World Health Organization.

Stay active and talk to your doctor about the best ways to keep your cardiovascular system in the best shape.

Page printed from:

[http://www.toyourhealth.com/mpacms/tyh/article.php?id=1869&no\\_paginate=true&no\\_b=true](http://www.toyourhealth.com/mpacms/tyh/article.php?id=1869&no_paginate=true&no_b=true)