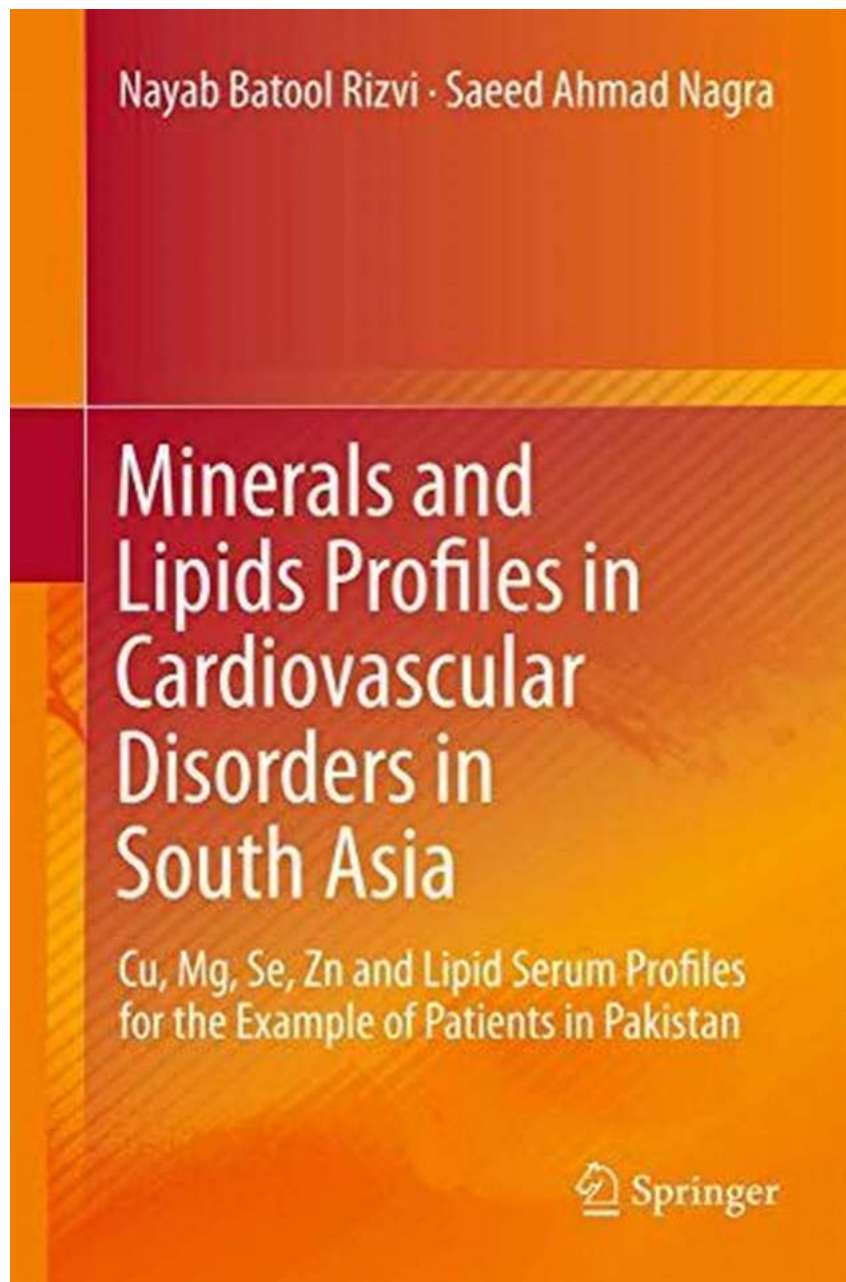


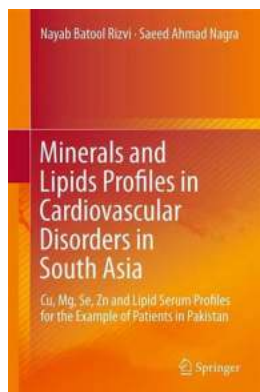
Discover How Minerals and Lipids Profiles Can Impact Cardiovascular Disorders in South Asia



Did you know that minerals and lipids play a crucial role in the development and management of cardiovascular disorders in South Asia?

The Impact of Minerals

Minerals are essential nutrients that our bodies need in order to function properly. When it comes to cardiovascular health, certain minerals can have a significant impact.



Minerals and Lipids Profiles in Cardiovascular Disorders in South Asia: Cu, Mg, Se, Zn and Lipid Serum Profiles for the Example of Patients in Pakistan by Aharón Shlezinger (2014th Edition, Kindle Edition)

★★★★★ 5 out of 5

Language	: English
File size	: 5289 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 238 pages
Screen Reader	: Supported
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Potassium

Potassium is an electrolyte that helps regulate blood pressure and maintain a proper balance of fluids in the body. It can help prevent and manage cardiovascular disorders, such as hypertension and stroke.

Magnesium

Magnesium plays a vital role in maintaining a healthy heart rhythm and blood pressure. It can help reduce the risk of heart disease by improving the dilation of

blood vessels, preventing the formation of blood clots, and reducing inflammation in the body.

Copper

Although needed in smaller quantities, copper is essential for the formation of red blood cells and collagen, which is crucial for maintaining the structural integrity of blood vessels. It also helps regulate blood cholesterol levels, reducing the risk of cardiovascular disorders.

The Role of Lipids Profiles

Lipids are fats found in our blood and body tissues. While they are necessary for various bodily functions, an imbalance in lipids profiles can contribute to cardiovascular disorders.

Cholesterol

Cholesterol is a type of lipid that is necessary for the production of hormones, vitamin D, and bile acids. However, high levels of cholesterol can lead to the formation of plaques in the arteries, increasing the risk of heart attacks and strokes. Monitoring and managing cholesterol levels is crucial for cardiovascular health.

Triglycerides

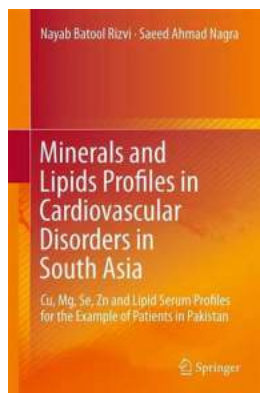
Triglycerides are another type of lipid that serves as a source of energy for the body. However, elevated triglyceride levels can increase the risk of heart disease, especially when combined with high levels of LDL (bad) cholesterol.

HDL and LDL Cholesterol

High-density lipoprotein (HDL) cholesterol is often referred to as "good" cholesterol, as it helps remove LDL cholesterol from the bloodstream, reducing

the risk of plaque formation. On the other hand, low-density lipoprotein (LDL) cholesterol is known as "bad" cholesterol, as it can contribute to the buildup of plaques.

Understanding the impact of minerals and lipids profiles on cardiovascular disorders in South Asia is crucial for preventive measures and effective management. By ensuring a balanced intake of essential minerals and monitoring lipid levels, individuals can significantly reduce the risk of developing cardiovascular diseases.



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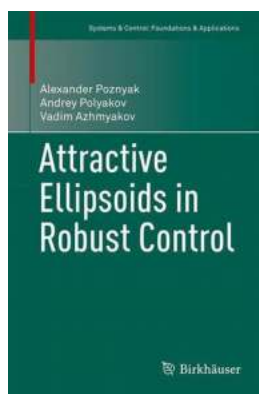
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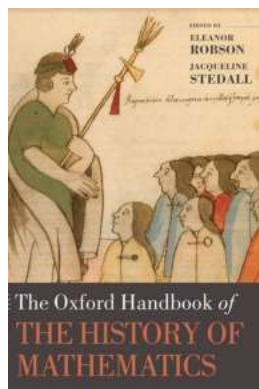
This book correlates different minerals and lipids serum profiles with the prevalence of cardiovascular disorders in South Asian countries with special emphasis on Pakistan. Cardiovascular disorders (CVD, e.g. coronary heart diseases, hypertension, rheumatic heart disease, angina, heart failure and deep

vein thrombosis) show significantly increasing rates in South Asian countries like Pakistan and have become a major health problem. Nevertheless, the data on any aspect of cardiovascular problems still is scanty. The serum profiles of different minerals (copper, magnesium, zinc, selenium) and lipids are analyzed in detail. The presented data will thus lead to a better understanding of the problem and help to provide possible solutions, which can be achieved, e.g. through ameliorated minerals profiles in the daily diet. These results can help develop better dietary management strategies in the prevention and treatment of CVD.



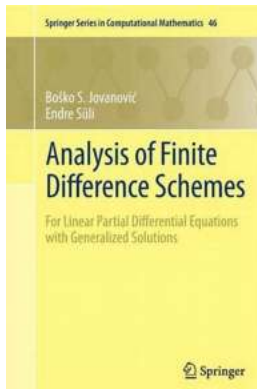
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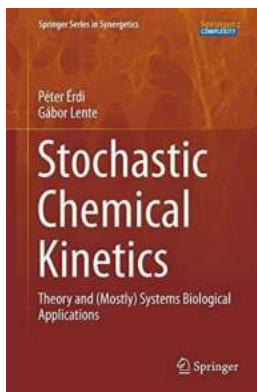
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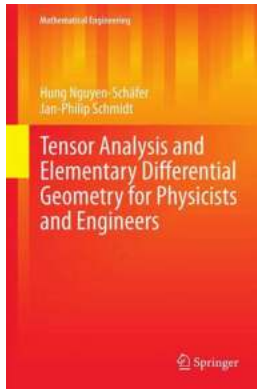
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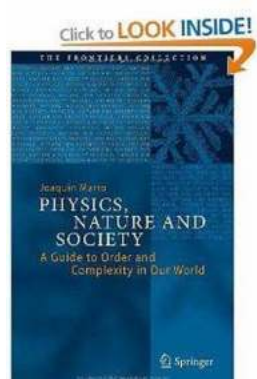
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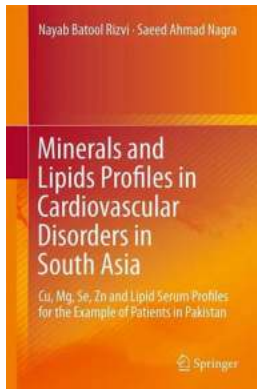
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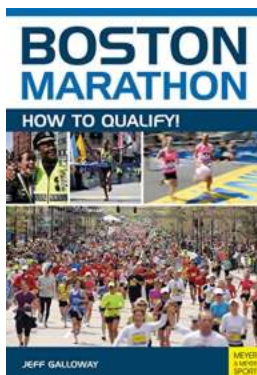
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