# Cardiologist warns five overlooked factors could prevent thousands of heart deaths



A prominent cardiologist has recently emphasised five crucial factors that significantly impact heart health and could prevent early deaths—an assertion that has been validated by various health experts. Dr Dmitry Yaranov, based in Memphis, shared insights through a viral Instagram video viewed by nearly half a million users, suggesting that a holistic approach is essential for maintaining cardiovascular well-being. His perspective challenges the common notion that heart health is primarily about exercise and a salad-centric diet.

Dr Yaranov identified sleep, pollution, stress, oral health, and diet as key elements contributing to heart health. He stated, “Cardiovascular health isn't just about exercise and salads,” highlighting the multifaceted nature of heart-related issues. Poor sleep, for example, is directly linked to an elevated risk of heart failure, stroke, and even sudden death. The British Heart Foundation corroborates this, noting that a lack of adequate sleep can disrupt blood pressure regulation, a critical factor in heart disease.

Moreover, the significance of air quality cannot be overstated. Dr Yaranov warned that daily exposure to air pollution, such as car exhaust, adversely affects heart health by contributing to arterial hardening and plaque accumulation—this insight aligns with findings from the American Heart Association. Their research indicates that pollutants like PM2.5 can elevate risks for heart attacks and strokes, necessitating awareness of local air quality standards and the adoption of preventive measures on days of high pollution.

Stress, another element underscored by Dr Yaranov, triggers the release of cortisol, the primary hormone responsible for stress responses. Chronic elevation of cortisol levels can result in high blood pressure and inflammation, which severely harms blood vessels. The link between mental health and cardiovascular health is increasingly noted in scientific literature, suggesting that managing stress effectively is vital for those looking to safeguard their heart.

Oral health, frequently overlooked in discussions on heart disease, emerged as another unexpected risk factor. Dr Yaranov pointed out that poor dental hygiene can lead to gum disease, which is associated with increased inflammation and consequently higher heart attack risks. This connection is gaining traction among health professionals, who stress that fostering good oral hygiene is an integral part of overall health.

Finally, Dr Yaranov emphasised the importance of gut health. He noted that the microbiome plays a pivotal role in regulating blood pressure and cholesterol levels, reinforcing the idea that what we consume directly affects our heart. The availability of healthy food options is crucial; individuals living in areas with limited access to nutritious food may experience worse cardiac outcomes.

This multifactorial approach to heart health is particularly pertinent given recent statistics indicating a troubling rise in heart disease fatalities, with the Office for National Statistics reporting that heart disease mortality rates have risen significantly, particularly among those under 75. This trend is alarming, especially in light of previous decades of decreasing heart-related deaths.

In conclusion, Dr Yaranov’s insights combine to offer a comprehensive view of heart health that extends far beyond traditional advice. His emphasis on sleep, pollution, stress management, oral care, and diet presents a necessary paradigm shift in how we understand and approach cardiovascular disease prevention.

### Reference Map

1. Paragraph 1: [[1]](https://www.dailymail.co.uk/health/article-14716555/heart-doctor-thousands-preventable-deaths-five-things.html?ns_mchannel=rss&ns_campaign=1490&ito=1490)
2. Paragraph 2: [[1]](https://www.dailymail.co.uk/health/article-14716555/heart-doctor-thousands-preventable-deaths-five-things.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.cdc.gov/heart-disease/about/sleep-and-heart-health.html/), [[5]](https://www.cuimc.columbia.edu/news/sleep-good-your-heart)
3. Paragraph 3: [[1]](https://www.dailymail.co.uk/health/article-14716555/heart-doctor-thousands-preventable-deaths-five-things.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[4]](https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease/air-pollution-and-heart-disease-stroke/), [[7]](https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease/air-pollution-and-heart-disease-stroke/)
4. Paragraph 4: [[1]](https://www.dailymail.co.uk/health/article-14716555/heart-doctor-thousands-preventable-deaths-five-things.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.cdc.gov/heart-disease/about/sleep-and-heart-health.html/), [[6]](https://www.heart.org/en/news/2020/03/06/sleep-should-be-added-as-measure-of-heart-health-study-says)
5. Paragraph 5: [[1]](https://www.dailymail.co.uk/health/article-14716555/heart-doctor-thousands-preventable-deaths-five-things.html?ns_mchannel=rss&ns_campaign=1490&ito=1490)
6. Paragraph 6: [[1]](https://www.dailymail.co.uk/health/article-14716555/heart-doctor-thousands-preventable-deaths-five-things.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[3]](https://www.heart.org/en/health-topics/sleep-disorders/sleep-and-heart-health), [[4]](https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease/air-pollution-and-heart-disease-stroke/)
7. Paragraph 7: [[1]](https://www.dailymail.co.uk/health/article-14716555/heart-doctor-thousands-preventable-deaths-five-things.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[5]](https://www.cuimc.columbia.edu/news/sleep-good-your-heart)

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.dailymail.co.uk/health/article-14716555/heart-doctor-thousands-preventable-deaths-five-things.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.cdc.gov/heart-disease/about/sleep-and-heart-health.html/> - The Centers for Disease Control and Prevention (CDC) emphasizes the critical role of sleep in heart health. Adults should aim for at least 7 hours of sleep each night. Insufficient sleep is linked to increased risks of heart disease, high blood pressure, and stroke. The CDC recommends maintaining a regular sleep schedule, engaging in daily physical activity, and creating a sleep-friendly environment to promote better sleep quality.
3. <https://www.heart.org/en/health-topics/sleep-disorders/sleep-and-heart-health> - The American Heart Association highlights the connection between sleep disorders and cardiovascular diseases. Conditions like insomnia and sleep apnea can elevate the risk of heart disease. They recommend 7-9 hours of quality sleep per night and suggest consulting healthcare providers if sleep issues arise. Addressing sleep disorders is crucial for maintaining heart health.
4. <https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease/air-pollution-and-heart-disease-stroke/> - The American Heart Association discusses the impact of air pollution on heart health. Exposure to pollutants like PM2.5 can increase the risk of heart attacks, strokes, and heart failure. Short-term exposure can trigger cardiovascular events, while long-term exposure contributes to the development and progression of heart disease. They advise staying informed about local air quality and taking precautions during high pollution periods.
5. <https://www.cuimc.columbia.edu/news/sleep-good-your-heart> - Columbia University Irving Medical Center explores how sleep affects heart health. Poor sleep can lead to increased cravings for unhealthy foods and higher blood pressure, both risk factors for heart disease. The article emphasizes the importance of quality sleep in maintaining cardiovascular health and suggests that sleep and heart health are interconnected.
6. <https://www.heart.org/en/news/2020/03/06/sleep-should-be-added-as-measure-of-heart-health-study-says> - The American Heart Association reports on a study advocating for the inclusion of sleep as a measure of heart health. The research found that individuals with shorter sleep durations or sleep disorders had a higher risk of poor cardiovascular health. The study suggests that sleep metrics should be incorporated into cardiovascular assessments to better predict heart disease risk.
7. <https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease/air-pollution-and-heart-disease-stroke/> - The American Heart Association discusses the impact of air pollution on heart health. Exposure to pollutants like PM2.5 can increase the risk of heart attacks, strokes, and heart failure. Short-term exposure can trigger cardiovascular events, while long-term exposure contributes to the development and progression of heart disease. They advise staying informed about local air quality and taking precautions during high pollution periods.