Debunking Medical Myths: EGGS & Your Heart Health

Sai Dheeraj Reddy Kagithala  
*Wayne State University School of Medicine, gh5373@wayne.edu*

Maighdlin Patterson  
*Wayne State University School of Medicine, hi3845@wayne.edu*

Anyan Cheng  
*Wayne State University School of Medicine, hf1982@wayne.edu*

Nicolas Ceniza  
*Wayne State University School of Medicine, hj1723@wayne.edu*

Alex Duvall  
*Wayne State University School of Medicine, hj2153@wayne.edu*

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EGGS & YOUR HEART HEALTH

There has been a common misconception that eggs are bad for the heart and can lead to increased risks of cardiovascular disease. However, eggs are not the demons this myth has made them out to be.

Brown 12 - Nico Ceniza, Anyan Cheng, Alex DuVall, Dheeraj Kagithala, Maggie Patterson

NO ASSOCIATION TO INCREASED RISK OF CVD

Moderate egg consumption (up to 1 egg/day) is not associated with an increase in cardiovascular disease (CVD). Further, eating more than 1 egg/day has even been shown to reduce coronary artery disease.

Data suggests that moderate egg consumption may even decrease the risk for cardiovascular disease for Asian populations.

HOW TO DECREASE CVD RISK

1. Avoid drinking excessive amounts of alcohol
2. Eat a well-balanced diet
3. Get regular physical activity
4. Avoid smoking
5. Check your cholesterol and blood pressure often
6. Maintain your weight within a healthy range

FOOD TO REDUCE HEART DISEASE RISK

The AMA recommends following “heart-healthy diets” as opposed to regulating individual foods in order to reduce CVD risk.

Recommended diets include the Mediterranean and DASH diets.

Eggs, irrespective of their reputation, actually offer great benefits to humans and should be consumed in moderation as part of your diet. They serve as major sources of antioxidants (Lutein & Zeaxthenthin), providing protective effects for our eyes, as well as lowering LDL.

Sources:
5. Prevent Heart Disease- CDC Division for Heart Disease and Stroke Prevention (cdc.gov)