

4-22-2022

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

Follow this and additional works at: https://digitalcommons.wayne.edu/pat_edu_proj

 Part of the [Curriculum and Instruction Commons](#), [Medical Education Commons](#), and the [Public Health Commons](#)

Recommended Citation

Kagithala, Sai Dheeraj Reddy; Patterson, Maighdlin; Cheng, Anyan; Ceniza, Nicolas; and Duvall, Alex, "Debunking Medical Myths: EGGS & Your Heart Health" (2022). *Patient Education Projects*. 275.
https://digitalcommons.wayne.edu/pat_edu_proj/275

This Infographic is brought to you for free and open access by the Patient Education at DigitalCommons@WayneState. It has been accepted for inclusion in Patient Education Projects by an authorized administrator of DigitalCommons@WayneState.

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 & Zeaxanthin)**, providing **protective effects for our eyes**, as well as **lowering LDL**.

Sources:

- Clayton et al. 2017. Egg consumption and heart health: A review. Nutrition, 37, pp.79-85.
- Drouin-Chartier et al. 2020. Egg consumption and risk of cardiovascular disease: three large prospective US cohort studies, systematic review, and updated meta-analysis. BMJ.
- Fernandez et al. Dietary cholesterol provided by eggs and plasma lipoproteins in healthy populations. Current Opinion in Clinical Nutrition and Metabolic Care. 2006; 9 (1): 8-12.
- Lichtenstein et al. 2020. Dietary Cholesterol and Cardiovascular Risk: A Science Advisory From the American Heart Association. Circulation, 141(3).
- Prevent Heart Disease- CDC Division for Heart Disease and Stroke Prevention (cdc.gov)