

The Role of Microbiota in Cardiovascular Health

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Abstract. This article examines the complex relationship between gut microbiota and cardiovascular health. By exploring the mechanisms through which gut bacteria influence heart disease, the authors highlight the potential for microbiota-targeted therapies. Key findings from recent studies are discussed, illustrating the impact of diet, probiotics, and antibiotics on maintaining cardiovascular health. The article underscores the need for further research to translate these findings into clinical practice.

Keywords: Microbiota, Cardiovascular Health, Gut Bacteria, Heart Disease, Probiotics

Introduction

The gut microbiota has emerged as a significant factor influencing cardiovascular health, with numerous studies linking microbial composition to heart disease risk. This complex interplay involves metabolic, immune, and inflammatory pathways. By understanding these mechanisms, researchers aim to develop microbiota-targeted therapies that could revolutionize heart disease prevention and treatment. This article reviews recent findings, focusing on the role of diet, probiotics, and antibiotics in modulating gut bacteria. The implications for clinical practice and future research directions are also discussed.

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