**[Sky News With Colin Brazier](https://scout.tveyes.com/)**

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When it comes to our diet, a new study suggests a Mediterranean diet could lower the risk of cardiovascular disease in the UK. To take us through this minefield of health information is Dr Onkar Sahota and nutritional therapist Christine Bailey. Doctor, if I can start with you, these two medical studies have come up with interesting findings. Lots of people will be concerned that Mallory macro steroids over-the-counter painkillers like I be pregnant could increase their chances of being taken to hospital by nearly 20%. Taking anti-inflammatories in a short, sharp dose, that will not be harmful. People on a long-term dose are reviewed regularly by their doctors. We would look at kidney function deteriorating and hearts destabilising and we would take them off it, so that debate always takes place with patients, but there can be a long-term effect, you are right. Should people be discouraged from using them for a chronic pain condition, for example? If they have to take painkillers regularly, you wouldn't advise that? Everybody has a medical review with their GP on a regular basis and they are monitored. In my own personal confrontations I have a discussion with the patient and if they tell me something is hurting, I understand that, but on the other hand there is a risk of heart attack and we have that discussion. Every doctor and GP looks at the medication of their patients every year. What about the age of our hearts? New studies have shown that our hearts that we are over 30 are older than our medical aid. What is aiding them? Things

like smoking, poor diet, lack of exercise, high blood pressure. These factors age our hearts. You can assess your own age. If you look after your heart, then your risks of getting heart attacks are brought down. Those other things affecting us. Christine, we were talking about what diet can do for the age of your heart. We have heard it before that the Mediterranean diet is the answer to all our problems. Why is it so good for us? This was an interesting study because it was the first UK study. They put people in the UK on the Mediterranean diet, and they found that the risk of having either another heart attack or having a heart attack, was significantly reduced. The Mediterranean diet, as you have mentioned, there are lots

of previous long-term trials indicating the benefits, particularly things like whole grains, but very slow releasing, so none of the refined grains that we would normally be eating, lots of beans and pulses and legumes, which we probably don't get much of an hour diet. Loads of plants, vegetables, some berries, plenty of olive oil, oily fish, and we know that a Omega facts lower cholesterol and blood pressure. These are all additional nutritional benefits of the Mediterranean diet. We were talking about the concerns of non-steroidal painkillers and the effect on the heart. Are there any foods you would recommend for people as a holistic approach? I have read in the past that turmeric can have

benefits for pain and inflammation. Yes. There are lots of studies on typical herbs and spices. Turmeric is very well-known and oily fish is anti-inflammatory, and so are blueberries, so all of these foods... A lot of them, when you look at the Mediterranean diet, are focused very much in their diet and they are well known for being protective and for lowering inflammatory problems. A question to the doctor to finish. We had an email in from Mr Simpson. If people took all the medications they were told to it could do more harm than good because medication when mixed can be lethal. What advice do you give to somebody who is concerned that there may be conflicting information out there and they don't know the best course of action? The best course of action is to go to your daughter to express those concerns and the doctor will do an assessment of course. -- go to your doctor. It will depend on the needs of the patient. Can join paints

controlled by anti-inflammatories? Go to your doctor and hear those concerns. Thank you very much indeed. This is Sunrise. Still to come: