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Role of probiotics in cardiovascular risk management

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Cardiovascular disease (CVD) is the leading cause of death worldwide, including heart disease, cerebrovascular disease, and rheumatic heart disease. The treatments for CVDs typically involve pharmacotherapy and surgery although pharmacotherapy may induce liver and kidney damage and other side effects. Thus, there is a need for efficient and alternative approaches to treat or prevent CVDs. Previous studies have shown that potential probiotics may reduce the incidence of CVD by regulating the body's metabolism, lowering blood glucose and lipids, and controlling blood pressure. Moreover, probiotic intake plays a crucial role in promoting the growth of beneficial bacteria, decreasing the risk of chronic diseases such as CVDs. Clinical studies also supported the cardiovascular benefits of probiotic supplementation. In conclusion, probiotics might be a promising way for mitigating the risk factors associated with CVDs.