

Healthy lifestyle advice provides long-term benefits

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In a recently published study, providing advice over a 5-year period about leading a healthy lifestyle reduced the risk of heart-related deaths over the next 40 years.

Participants were advised to decrease the intake of saturated fats and increase fish and vegetable products. In addition, [overweight individuals](#) were advised to reduce their weight and smokers were advised to stop smoking.

Those who received the advice showed a sustained 29% reduced risk of death at first heart attack compared with individuals who did not receive the [advice](#), for up to 40 years. Death from any cause decreased in the period 8 to 20 years after randomization, but not thereafter.

For the study, all 25,915 men born in Oslo during the period 1923-1932 were invited in 1972/1973 to a cardiovascular disease screening examination; of these, 16,203 men participated in the screening. Overall, 1232 high-risk men with high cholesterol levels were included in the original intervention trial.

"Successful lifestyle intervention on diet and antismoking for 5 years in middle-aged men may give life-long benefits with regard to death from myocardial infarction," said Dr. Ingar Holme, lead author of the *Journal of Internal Medicine* article.

More information: I. Holme et al. Lifelong benefits on myocardial infarction mortality: 40-year follow-up of the randomized Oslo diet and antismoking study, *Journal of Internal Medicine* (2016). [DOI: 10.1111/joim.12485](https://doi.org/10.1111/joim.12485)

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