

Health Benefits of Turmeric - WebMD

<https://www.webmd.com/diet/ss/slideshow-turmeric> ▾

Depression. Several compounds in turmeric may support your health. The most well-known of these is curcumin. Scientists are excited about curcumin's potential to ease depression and help ...

Surgery - Preparation and Recovery - Life Extension

<https://www.lifeextension.com/protocols/health...> ▾

After coronary artery bypass surgery, many patients suffer from abnormalities in their heart rhythm called atrial fibrillation that can be dangerous. Inflammation and oxidative damage is one contributing...

Optimizing Outcomes in Urologic Surgery: Postoperative ...

<https://www.auanet.org/guidelines/guidelines/...> ▾

Postoperative respiratory depression is a significant source of postoperative morbidity and mortality, ranging from transient hypoxemia to severe ventilatory impairment leading to brain damage or death....

After Cardiac Bypass Surgery - St Vincent's Heart Health

<https://www.svhhearthealth.com.au/rehabilitation/after-cardiac-bypass-surgery> ▾

After cardiac bypass surgery you'll need to take pain medications, as you can feel wound and muscle pain for a few weeks (if the pain persists beyond a few weeks, see your doctor). You can learn more...

Heart-safer NSAID alternatives - Harvard Health

<https://www.health.harvard.edu/heart-health/heart-safer-nsaid-alternatives> ▾



What's The Risk of NSAIDs?

NSAID Risks For The Heart

What About >



The link between NSAIDs and heart problems is well established. "We've always counseled our patients—especially when they have a history of heart disease—that these medications can increase their risk," Dr. Ruff says. The latest FDA warning comes down to several key points: 1. All **non-aspirin NSAIDs** appear to be associated with higher risk of heart problems. The risk is greatest in those with known heart disease or multiple ris...

[See more on health.harvard.edu](https://www.health.harvard.edu)

Nutritional Recommendations for Cardiovascular Disease ...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3798927>

Sep 17, 2013 · Lifestyle factors, including **nutrition**, play an important role in the etiology of Cardiovascular Disease (CVD). This position paper, written by collaboration between the Israel Heart Association and the Israel Dietetic Association, summarizes the current, preferably latest, literature on the association of **nutrition** and CVD with emphasis on the level of evidence and practical recommendations.

Cited by: 168

Author: Sigal Eilat-Adar, Tali Sinai, Chaim Yosefy, Y...

Publish Year: 2013

Carbohydrates: 55% of total calories

Surgery - Preparation and Recovery - Life Extension

<https://www.lifeextension.com/protocols/health...> ▾

Several nutritional supplements should be considered by patients preparing for surgery and those in the post-operative recovery period. For instance, nutrients that quench free radicals, such as vitamin C, coenzyme Q10, melatonin, and curcumin, can protect tissues from the oxidative damage associated with surgical procedures (Sadeghpour 2015; Liu, Cheng 2017; Esteban-Zubero 2016; Hewlings 2017).

Estimated Reading Time: 8 mins

Best Vitamins For Surgery Recovery | Reader's Digest Canada

<https://www.readersdigest.ca/health/healthy-living/...> ▾

Estimated Reading Time: 10 mins

- Vitamin K. Doctors have long used vitamin K, which promotes blood clotting, to help heal incisions ...
- Grape seed extract. With antioxidant properties many times more powerful than those found in ...

Name of Journal: *World Journal of Cardiology*

Manuscript NO: 63027

Manuscript Type: ORIGINAL ARTICLE

Clinical Trials Study

Nutritional supplement drink reduces inflammation and postoperative depression in patients after off-pump coronary artery bypass surgery.

Matsushita *et al.*, Use of nutritional supplement drink after OPCAB

Abstract

BACKGROUND

Coronary artery bypass grafting is a surgical treatment for ischemic heart disease. Although development in surgical technique and improvement of perioperative management reduced the postoperative complications, some patients still delayed in progress of postoperative rehabilitation. In this study, we aimed to investigate the effect of daily intake of an herbal medicine containing drink for rehabilitation after surgery in

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Nutritional supplement drink reduces inflammation and postopera



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<https://www.ncbi.nlm.nih.gov/pmc/articles/pmid/27438627>

Introduction. Enhanced recovery after surgery (ERAS) represents a multimodal approach to improving the outcomes of medical treatment and care [1]. Preoperative intake of oral carbohydrates for ERAS has resulted in some benefits [2, 3]. In patients undergoing surgery, the intake of oral carbohydrates the night before surgery or 2 h before anesthesia was found to decrease postoperative insulin ...

Cited by: 15

Author: Rie Tsutsumi, Nami Kakuta, Takako Kado...

Publish Year: 2016

[Nutritional Recommendations for Cardiovascular Disease ...](#)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3798927>

Sep 17, 2013 · The dietary patterns reviewed include low carbohydrate diet, low-fat diet, Mediterranean diet, and the DASH diet. Foods reviewed in the second section include: whole grains and dietary fiber, vegetables and fruits, nuts, soy, dairy products, alcoholic drinks, coffee and ...

Cited by: 174

Author: Sigal Eilat-Adar, Tali Sinai, Chaim Yosefy,...

Publish Year: 2013 Carbohydrates: 55% of total calories

[Surgery - Preparation and Recovery - Life Extension](#)

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- Grape seed extract. With antioxidant properties many times more powerful than those found in ...
- Coenzyme Q10. Coenzyme Q10, produced by the body, belongs to a family of compounds called ...
- Arnica. Arnica has been used in homeopathic medicine for hundreds of years. It can be used to ...