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## Fighting Inflammation with Lifestyle

While a high C-Reactive Protein (CRP) level often requires medical investigation, many cases of low-grade, chronic inflammation can be managed and improved with healthy lifestyle changes. Adopting an anti-inflammatory lifestyle not only helps lower CRP but also improves your overall health and well-being.

Think of it as giving your body the tools it needs to calm its own alarm system. These changes are most effective for moderately elevated CRP levels that are not caused by an acute infection.

1. **Adopt an Anti-Inflammatory Diet:** Food is one of the most powerful tools to control inflammation. Focus on whole, unprocessed foods.

\* **Eat More:** Fruits and vegetables (especially berries and leafy greens), fatty fish (like salmon and mackerel), nuts, seeds, and healthy fats like olive oil.

\* **Eat Less:** Processed foods, sugary drinks, refined carbohydrates (white bread, pastries), and fried foods. These are known to promote inflammation.

2. **Get Regular, Moderate Exercise:** Physical activity is a proven way to lower CRP. Aim for at least 30 minutes of moderate exercise - like brisk walking, swimming, or cycling - most days of the week. Exercise helps reduce fat tissue, which is a source of inflammatory proteins.

3. **Prioritize Quality Sleep:** Poor sleep is a major driver of inflammation. Aim for 7-9 hours of quality sleep per night. Establish a regular sleep schedule and create a relaxing bedtime routine to help your body rest and repair.

4. **Manage Stress:** Chronic stress keeps your body in a state of high alert, which fuels inflammation. Practices like meditation, deep breathing, yoga, or spending time in nature can effectively lower stress and, in turn, your CRP levels.

## When is Medication Necessary?

Lifestyle changes are powerful, but they are not always enough. If your high CRP is caused by an underlying medical condition, medication will be necessary.

- **For Infections:** Antibiotics are used to treat bacterial infections, which will quickly bring down a very high CRP.
- **For Chronic Diseases:** If you have an autoimmune disease like rheumatoid arthritis, your doctor will

prescribe specific medications (like DMARDs or biologics) to control the disease and lower inflammation.

- For Heart Health:\*\* If your hs-CRP is high, your doctor may recommend a statin. Statins are cholesterol-lowering drugs that have also been shown to be very effective at reducing inflammation in the blood vessels.

## Your Action Plan

Lowering your CRP is a partnership between you and your doctor. Always discuss any major lifestyle changes with your healthcare provider.

\*This guide provides general information and is not a substitute for professional medical advice. Always work with your doctor to create a treatment plan that is right for you.\*