

Healthy Heart Habits



The **MOST** important message you can get from this;

Heart disease is the most likely thing to kill you,

HOWEVER

there is a lot you can do about it.

Some sobering statistics:

- Heart disease kills more people each year than all forms of cancer combined.
- 1 in 3 adults have some form of heart disease.
- It is not just an "old person's" disease.
- Heart disease kills 5x as many women as does breast cancer.

Empowering people to make healthy choices is the key to changing these statistics.



Many risk factors for heart disease are factors you can change.

**YOU HAVE FAR MORE CONTROL
OVER YOUR HEART HEALTH THAN
YOU MAY REALIZE.**



**Heart disease does not discriminate.
It can affect anyone,
regardless of age,
gender, race, social class
or economic group.**

WARNING SIGNS:

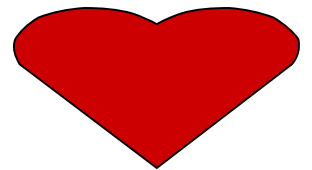
**Symptoms can occur out of the blue.
Mistaking a heart attack for something else,
such as indigestion, is common.**

**The following symptoms need to be investigated
by a physician:**

- **Chest pain or discomfort that you notice with physical activity or emotional stress, which goes away when you rest.**
- **Unusual tiredness.**
- **Shortness of breath during normal physical activities.**

CALL FOR EMERGENCY HELP IF YOU HAVE:

- **Unexpected chest pain or discomfort that doesn't go away after a few minutes or occurs with rest.**
- **Discomfort in other areas of your body, such as arms, shoulders, back, neck, jaw or stomach.**
- **Shortness of breath that does not go away.**
- **Severe weakness, light headedness, cold sweat or fainting.**
- **Severe indigestion or heartburn that lasts more than a few minutes, feeling sick to your stomach, vomiting or abdominal discomfort.**



**Symptoms can be subtle,
especially in women.
If you are not sure -
but it feels different
- get checked**

DON'T DELAY!



**DON'T DENY OR DISMISS!
DELAY CAN BE DEADLY!
REMEMBER SOMEBODY LOVES YOU!**

Common Myths:

1. **“There’s nothing I can do about it” (family history)**

Dad died at age 50, I’m destined. This is in fact not true there are many strategies to prevent it.

2. **“I don’t have to worry. Heart disease doesn’t run in my family.”**

Never assume that you are exempt because there is no family history, most risks of heart related events stem from the choices you make in your life (ex: diet, activity, and habits).

3. **“Only old people get heart disease”**

Your chance of getting heart disease increases as you get older. Many forms of heart disease take root in lifestyle habits formed during childhood. Even in children, plaque can build up in the arteries. Many young adults don’t concern themselves with what they are doing now and how it can affect their lives later. Best prevention is early intervention.

4. "I'll know if I have a heart problem because I'll have symptoms"

Often a full blown heart attack is the first sign of a problem. 50% of men and 64% of women who've had heart attacks showed no symptoms of heart disease before the attack. People with heart valve problems also may not experience symptoms.

5. "Heart disease is more of a man's issue than a woman's issue"

Heart disease is the leading cause of death and disability in women, just as it is in men. At the same time, women are less likely to make preventative lifestyle changes and are generally reluctant to seek help for heart related symptoms. Doctors add to the problem by not diagnosing heart problems as readily in women as men. (as per heart health experts @ Mayo Clinic).

6. “I’ll change my life if I get in trouble”

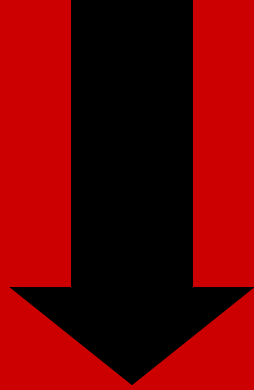
15% don’t survive a heart attack, 20% die in the year following the attack. After an event quality of life changes – chest pain, palpitations, cardiac medications that come with a host of new symptoms, stents, bypass surgery, the emotional component of fear and depression.

7. “But I’m already living a healthy life”

Unfortunately, a lot of us think we are healthier than we really are. In a recent study, 9 out of 10 college-aged adults believed they were living a healthy lifestyle- when in fact they weren’t. There is a frequent disconnect between what people know, say or believe about healthy behaviours and what they actually do.

Just 3% of Americans (Canadians follow closely with same stats) regularly practice all four primary behaviours recommended for heart health:

- **Not Smoking**
- **Maintaining a Healthy Weight**
BMI < 24.9
- **Diet rich in fruits and vegetables**
- **Regular exercise**



**On a more positive note,
during the last 30 years deaths
from heart disease have fallen by
50% due to awareness and modern
medical intervention.**

COMMON RISK FACTORS:

High cholesterol

Lack of physical activity

High blood pressure

Age

Diabetes

Positive family history

Obesity

Smoking

Stress

Poor sleep

**Sleep apnea is linked to a higher risk of heart disease.
A stressful event can often trigger a heart attack.**

Eat 5

Move 10

Sleep 8

Food for your Heart
Top 7 heart healthy fruits and nuts



-  1 Apples
-  2 Almonds
-  3 Blueberries
-  4 Grapes
-  5 Walnuts

simple ways to MAKE YOUR HEART MEALS HEALTHY



GETTING STARTED

Eat 5



- Eat five fruits and vegetables a day.
- One serving of fruit = size of a tennis ball.
- One serving of vegetables = size of a baseball.
- Fruit or vegetable juices on occasion are acceptable.
- Their fibre content is an important aspect of lipid lowering.
- There is no limit, five is minimal.
- Choose a variety of colors and textures.
- Toting them along = prevention from reaching for less nutritional snacks.

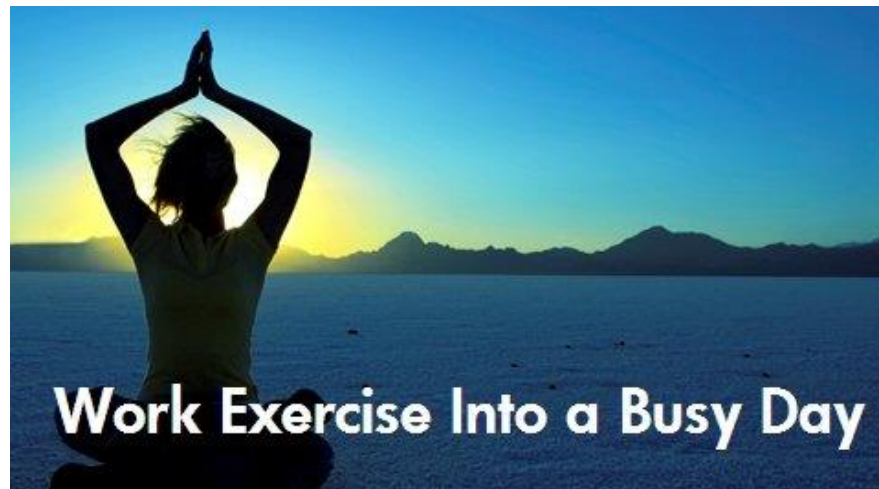
ALSO

- **Eat at least two meatless dinners a week.**
- **Eat breakfast every morning, choosing whole grains, low-fat dairy, fruits and nuts and avoiding sugary cereals and baked goods.**
- **Use monounsaturated “good fats” such as canola, olive oil, and peanut oil to lower cholesterol.**
- **Be lean with protein.**

A WORD ON SALT

- Most people eat too much – almost twice as much as they need each day.
- Reducing it helps lower your risk of CVD by lowering BP.
- Processed foods are loaded with sodium to preserve and enhance flavour.
- Look for sodium reduced.
- Eat fresh as much as possible.
- Try to avoid condiments, loaded with sodium.
- Make your own salad dressings.
- Experiment with herbs for flavour.
- Dieticians on staff in most grocery stores will tour the facility with you to select sodium reduced products.

Move 10



Work Exercise Into a Busy Day

- Start by increasing activity and exercise by at least ten minutes more than what you typically do every day.
- Recommendations – be active 30 minutes a day most days of the week.
- Moving for 10 minutes each day may not sound like much but studies show that 60-90 minutes of exercise a week can reduce your risk of heart disease by 30-50%. Little effort = incredible benefit.
- Walking is great - inexpensive, simple, and safe.
- Pursue activities you enjoy accompanied by people you enjoy.
- Leave notes to inspire yourself.
- Swimming, stationary bikes, and yoga are alternatives for people with painful joints.

Sleep 8



Get eight hours of sleep every night. Doing it for two weeks may get you hooked.

Aiming to achieve eight hours often overwhelms most people. It may require some changes to your bedtime routine turning off cell phones and televisions, putting yourself ahead of duties that can wait and practising relaxation techniques.

Five #'s for Better Heart Health

1. **Blood pressure** – force at which blood presses against the arterial wall. Too much force damages and scars the arteries.
2. **Cholesterol** – a waxy substance found in the fats (lipids) in your bloodstream. Its role is to build healthy cells – is often the key ingredient in new cell formation.
3. **Triglycerides** - calories from food that you don't need right away are converted to triglycerides, high levels are common in people who are diabetic, don't exercise, eat too many sweets or drink too much alcohol. High levels increase risk of death from CVD.
4. **BMI**- Body Mass Index. Calculated using your height and weight.
 - 18.5-24.9 = Normal weight
 - 25.0-29.9 = Overweight
 - 30.0-39.9 = Obese
 - 40 & Over = Extremely obeseResults variable, skeletal structure, % lean muscle etc.
Waist in women greater than 35 inches and 40 inches in men poses risk.
5. **Blood Sugar** – dangerously high levels in the bloodstream leads to diabetes (damages vessels) and increases risk of heart disease.

Metabolic Syndrome

Exists when a person has three of the five following:

- 1. Elevated triglycerides requiring treatment.**
- 2. Waist > 35 inches or > 40 inches (women/men).**
- 3. Elevated total cholesterol or medicated for it.**
- 4. BP > 130/85 or medicated for it.**
- 5. Blood glucose greater than 6.0 or receiving treatment for it.**

Mediterranean Diet

- 1. Involves plenty of exercise, eating plant based foods such as fruits, vegetables, whole grains, legumes, nuts and seeds.**
- 2. Replacing butter with healthy fats, such as olive oil.**
- 3. Using herbs and spices instead of salt to flavour foods.**
- 4. Eating fish and poultry at least twice a week.**
- 5. Drinking red wine in moderation.**

Dash Diet

This diet emphasizes limiting salt, and eating an abundance of fruits, vegetables and whole grains.

**Also limiting red meats, sweets or added sugar
While promoting foods rich is potassium,
magnesium and calcium.**

Additional Facts

- Studies suggest “Omega 3” particularly fish derived may lower cholesterol and triglycerides, lower blood pressure, reduce inflammation thus reducing risk of heart attack, stroke and death.
- Co-enzyme Q 10 can offer cardio protection and minimize negative side effects of statin drugs. It can lower the risk of heart failure. However, it can interact with many Rx cardiac meds, example blood thinners.
- Red Yeast Rice – not rice it is an herb (hong qu) there is good evidence that it lowers cholesterol and triglycerides. Used under a doctors’ supervision for those who can’t tolerate statins.
- Herbal medicines touted as heart healthy have very little evidence to substantiate this and often interfere with conventional cardiac meds.

It is imperative to assess all medications with all supplements to ensure that they do not interfere with each other.

Good news for those coffee and tea drinkers:



- **3-6 cups of tea offers a 45% lower risk of heart disease.**
- **2-4 cups of coffee lowered risk by 20%.**
- **drink it black or with skim milk and no sugar.**



Preserving Health

WellNurture Offers Professional
Health Care Services

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