

Heart Health and You



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Factors that affect heart health

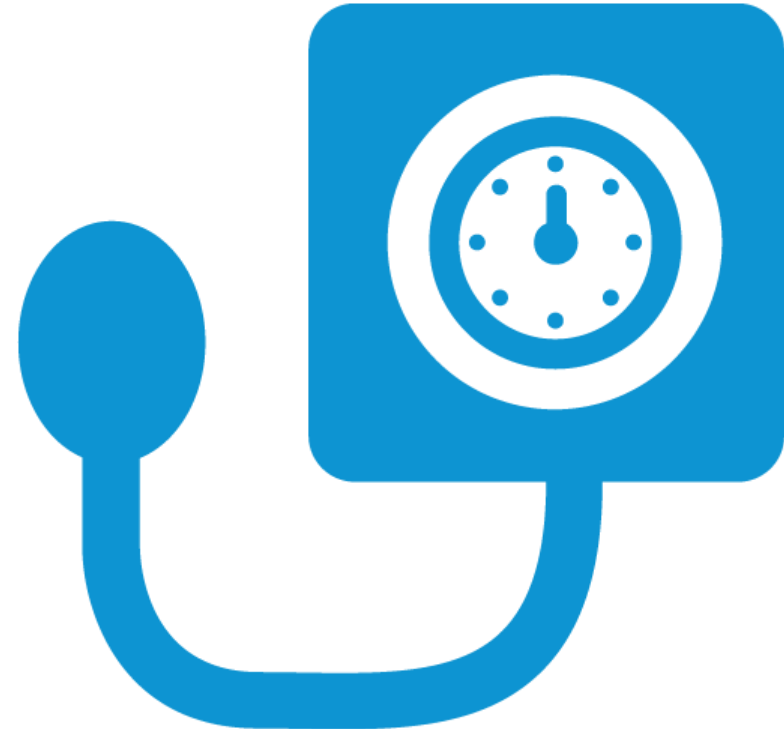


- Hypertension (high blood pressure)
- Cholesterol
- Diabetes
- Smoking
- Exercise
- Nutrition

Hypertension (High Blood Pressure)

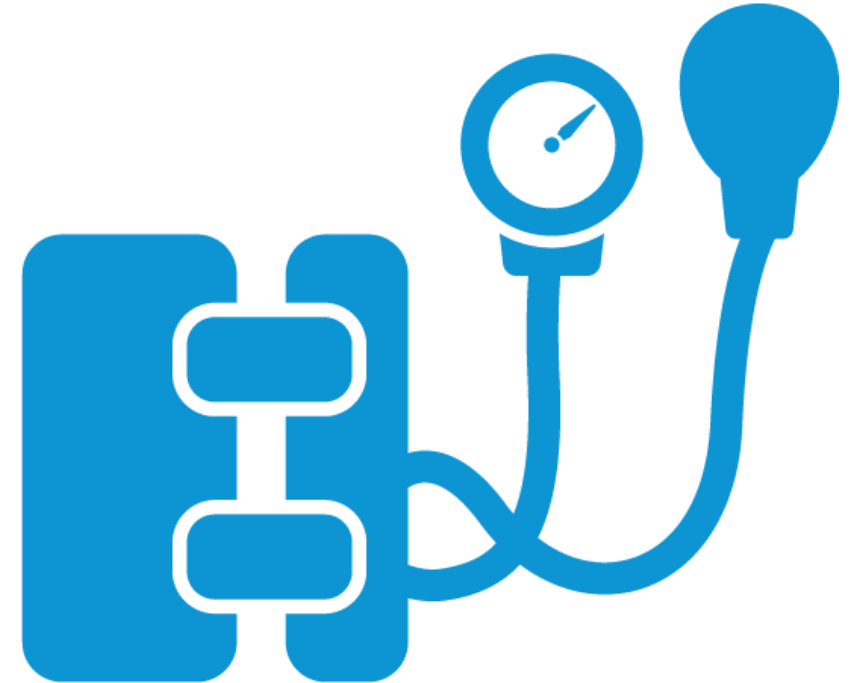
What is blood pressure?

- The force of blood against the walls of your arteries, represented by 2 numbers:
 - **Systolic**
 - (top number, measures left ventricle condition)
 - **Diastolic**
 - (bottom number, measures resistance or “give” of blood vessels)



What is hypertension (high blood pressure)?

- Hypertension occurs at numbers above:
 - **140 mmHg systolic**
 - **90 mmHg diastolic**
- Hypertension is common, and may eventually cause health problems, such as heart disease



What causes hypertension?



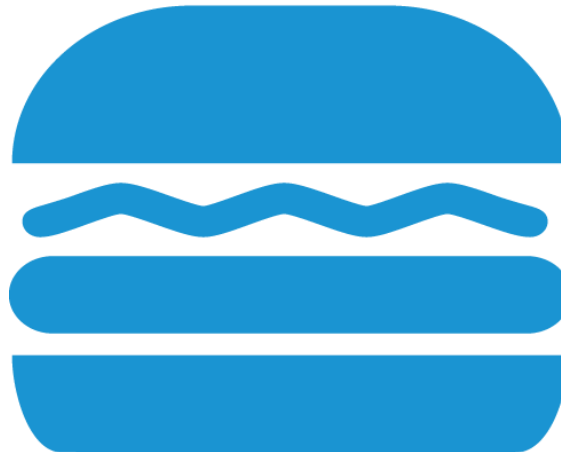
- The exact cause of hypertension is unknown
- Several factors can contribute to high blood pressure such as:
 - *family history*
 - *overweight condition/obesity*
 - *excessive alcohol intake*
 - *inactive lifestyle/lack of exercise*
 - *high-salt and/or a high-fat diet*
 - *high intake of caffeine*
 - *smoking*
 - *stress*

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
<u>Hypertensive Crisis</u> (Emergency care needed)	Higher than 180	or	Higher than 110

Cholesterol

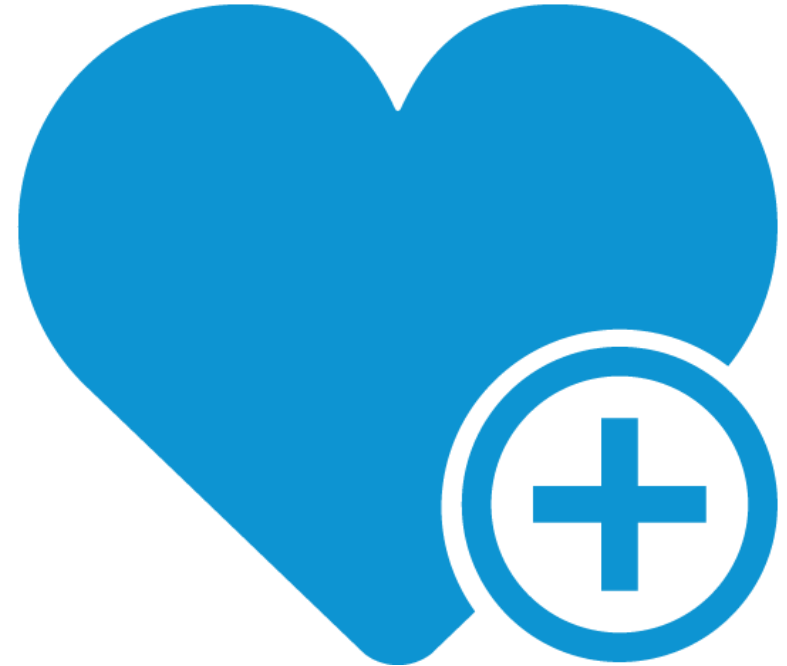
Cholesterol

- Waxy substance that comes from two sources: your **body** and your **food**
 - Your **body**, primarily your liver, makes all the cholesterol you need and circulates it through the blood
 - Also found in **foods** from animal sources, such as meat, poultry and full-fat dairy products – your liver produces more cholesterol when you eat a diet high in saturated and *trans* fats



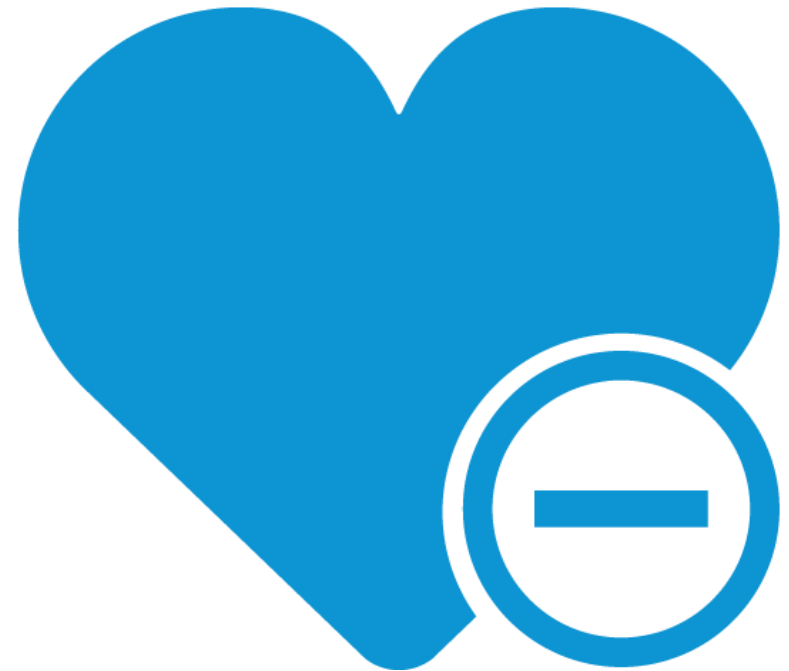
HDL Cholesterol

- **HDL cholesterol**
 - “Good” cholesterol
 - Helps remove LDL cholesterol from the arteries
 - Healthy levels of HDL cholesterol may protect against heart attack and stroke
 - Low levels of HDL cholesterol have been shown to increase the risk of heart disease



LDL Cholesterol

- **LDL cholesterol**
 - “Bad” cholesterol
 - Contributes to *plaque*, a thick, hard deposit that can clog arteries and make them less flexible
 - High plaque is known as atherosclerosis
 - If a clot forms and blocks a narrowed artery, heart attack or stroke can result



Triglycerides

- Another type of fat, used to store excess energy from your diet
- High levels of triglycerides are associated with **atherosclerosis**
- Elevated triglycerides can be caused by:
 - overweight condition & obesity
 - physical *inactivity*
 - cigarette *smoking*
 - excess *alcohol* consumption
 - a *diet* very high in carbohydrates (60%+ of total calories)
 - *underlying diseases* or genetic *disorders*

Triglycerides cont.



- People with high triglycerides often have a high total cholesterol level, including a high LDL cholesterol (bad) level & a low HDL cholesterol (good) level
- Many people with heart disease or [diabetes](#) also have high triglyceride levels

FATS

THE GOOD, THE BAD & THE UGLY

Monounsaturated & Polyunsaturated Fats

- Can lower bad cholesterol levels
- Can lower risk of heart disease & stroke
- Can provide essential fats that your body needs but can't produce itself

SOURCE

Plant-based liquid oils, nuts, seeds and fatty fish

EXAMPLES



Oils (such as canola, olive, peanut, safflower and sesame)



Avocados



Fatty Fish (such as tuna, herring, lake trout, mackerel, salmon and sardines)



Nuts & Seeds (such as flaxseed, sunflower seeds and walnuts)

Saturated Fats

- Can raise bad cholesterol levels
- Can raise good cholesterol levels
- Can increase risk of heart disease & stroke

SOURCE

Most saturated fats come from animal sources, including meat and dairy, and from tropical oils

EXAMPLES



Beef, Pork & Chicken Fat



Butter



Cheese (such as whole milk cheeses)



Tropical Oils (such as coconut, palm kernel and palm oils)

Hydrogenated Oils & Trans Fats

- Can raise bad cholesterol levels
- Can lower good cholesterol levels
- Can increase risk of heart disease & stroke
- Can increase risk of type 2 diabetes

SOURCE

Processed foods made with partially hydrogenated oils

EXAMPLES



Partially Hydrogenated Oils



Some Baked Goods



Fried Foods



Stick of Margarine

American Heart Association Recommendation

Eat a healthy dietary pattern that:

Includes good fats

Limits saturated fats

Keeps trans fats as LOW as possible

For more information, go to heart.org/fats

Diabetes

Diabetes and heart disease

- If you have [diabetes](#) or [pre-diabetes](#), you have an increased risk for heart disease
- Diabetic heart disease can be:
 - [coronary heart disease](#) (CHD)
 - [heart failure](#)
 - diabetic [cardiomyopathy](#)
 - The name for diseases of the heart muscle. These diseases enlarge your heart muscle or make it thicker and more rigid than normal

2 out of 3 people with diabetes die from heart disease or stroke

Heart disease strikes people with diabetes nearly **twice as often** as people without diabetes

Smoking

Smoking



- Major cause of CVD and causes **1 out of 3 deaths** from CVD
- Increases the risk of **coronary heart disease**
- Increases blood pressure
- Decreases exercise tolerance
- Increases the tendency for blood to clot
- Increases triglycerides
- Lowers HDL
- Causes plaque build-up
- Makes the blood thicker which can lead to blood clots, damages blood vessel walls, and causes the vessels to narrow and thicken

Exercise

So what can you do to improve heart health?

- **Exercise**

- Regular [exercise](#), especially [aerobic exercise](#), is one of the best things you can do for yourself
- Helps cut your chances of getting [heart disease](#)
- Good for your [blood pressure](#), [cholesterol](#), [weight](#), energy level and mood
- Consult your primary care provider when initiating any work out regimen to ensure safety
- Walking for as few as **30 minutes a day** is one of the most effective exercises in achieving heart health

Exercise tips

- Create an exercise accountability partnership with co-workers or friends
- Walk around your building for a break during the work day or lunch
- Join a fitness center near your job
- Work out before or after work to avoid rush-hour traffic, or drop by for a noon workout



Nutrition

Nutrition

- Control your *portion size*
- Eat *more vegetables & fruits*
- Select whole grains
- *Limit* unhealthy *fats*
- Choose *low-fat* protein sources
- *Reduce* the sodium in your *food*
- *Plan* ahead: Create daily menus
- Allow yourself an *occasional* treat



DASH diet

D

A

S

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Dietary

Approaches

to

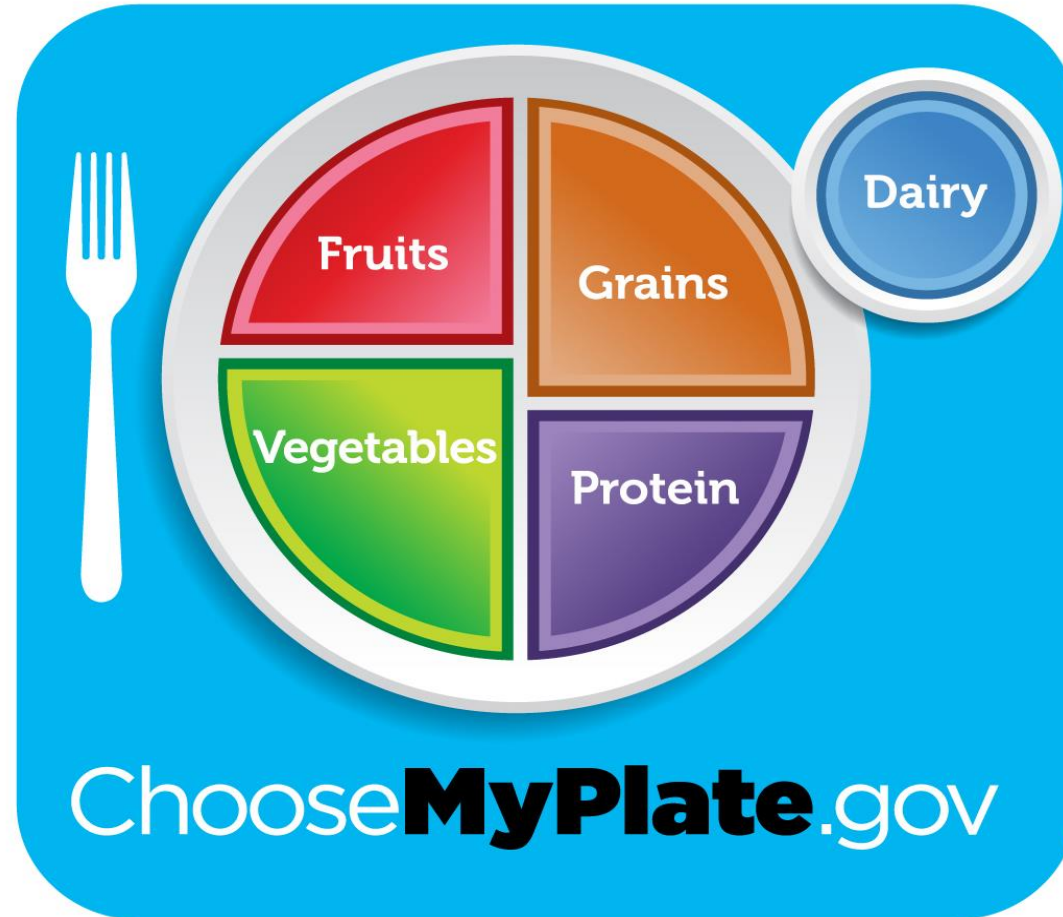
Stop

Hypertension

- A lifelong approach to healthy eating that's designed to help treat or prevent high blood pressure (hypertension)
- Encourages you to reduce the sodium in your diet and eat a variety of foods rich in nutrients that help lower blood pressure, such as potassium, calcium and magnesium
- May reduce blood pressure by a few points in just 2 weeks

DASH diet cont.

- Over time, the DASH diet can drop systolic blood pressure by 8 to 14 points, which can make a significant difference in your health risks.
- Offers health benefits beyond lowering blood pressure, such as aligning with dietary recommendations to prevent:
 - *osteoporosis*
 - *cancer*
 - *heart disease*
 - *stroke*
 - *diabetes*
- To learn more, visit:
http://www.medicinenet.com/the_dash_diet/article.htm#what_is_the_dash_diet



Visit <https://www.choosemyplate.gov/> to learn more on portion sizes for height, weight, gender, etc.



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