

Heart Healthy Living

Find your why for a healthy heart!

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HEALTH

Inspired by you

American Heart Month

 **#OurHearts**

 <https://www.youtube.com/watch?v=VgU056LR920&feature=youtu.be>

Why Live for Heart Health?

- 68% of people age 65 or older with diabetes die from heart disease and 16% die of stroke
- Adults with diabetes are 2 to 4 times more likely to die from heart disease than adults without diabetes
- Managing your diabetes is considered one of the seven controllable risk factors for cardiovascular disease according to the American Heart Association
- Heart healthy living also helps manage your diabetes 😊

Why does diabetes increase Cardiovascular Disease (CVD) risk?

People with diabetes, particularly type 2 diabetes, are more likely to have other factors that also increase CVD risk.

- Hypertension (high blood pressure)
- High LDL cholesterol, low HDL cholesterol and/or high triglycerides
- Physical Inactivity
- Obesity
- Poorly controlled blood sugars
- Stress

Hypertension

Hypertension is a major risk factor for CVD.

- Those with hypertension are more likely to have insulin resistance.

This is why hypertension is considered a risk factor for prediabetes and diabetes.

- Having both hypertension and diabetes doubles the risk of CVD.

How to manage HTN:

- Lower your sodium intake
- Exercise regularly
- Manage stress
- Take prescribed medications

Abnormal Cholesterol

Diabetes Dyslipidemia

- Diabetes tends to lower "good" cholesterol and raise triglyceride and "bad" cholesterol, which increases the risk for heart disease and stroke.
- Having all three cholesterol abnormalities often occurs in those with premature coronary heart disease.

High LDL cholesterol – increase in plaque development and blockages

Low HDL cholesterol – decreased ability to remove excess cholesterol

High triglycerides – extra fuel for making cholesterol

How to manage:

- Eat less saturated fat and added sugars
- Eat more monounsaturated fats and omega-3 fatty acids
- Exercise regularly
- Reduce tobacco and alcohol use
- Take prescribed medications

Physical Inactivity

- **Recommendation for weekly physical activity**
 - 150 minutes of moderate physical activity
 - 2 days of muscle strengthening
- **Physical inactivity is another risk factor that we can control.**
- **Exercising improves blood glucose control, reduces blood pressure and helps reduce the risk for heart attack and stroke.**
- **How to Manage:**
 - Gradually increase activity
 - Try new activities
 - Find ways to be active when the weather is poor
 - Think... “How can I make this inactive time an active time?”
 - **Ex: Walking in place and lifting weights while watching TV.**

Obesity

➤ **Obesity is been strongly associated with hypertension and insulin resistance.**

➤ **5% weight loss can improve cardiovascular risk and insulin sensitivity.**

- This would be 10 lbs for someone weighing 200 lbs.

➤ **How to manage**

- Know your calorie, protein, carbohydrate and fat needs
- Gradually increase activity
- Gradually decrease portion sizes and eat an overall more nutrient rich diet
- Ask for a referral to see a Registered Dietitian

Poorly controlled blood glucose

High blood glucose leads to further complications, increasing CVD risk.

- Increases LDL cholesterol, blood pressure.

Overtime, this can make diabetes more difficult to manage.

How to manage:

- Follow a consistent carbohydrate diet
- Reduce added sugars in your diet
- Ask for a referral to see a Certified Diabetes Educator
- Take prescribed medications
- Increase physical activity

Stress

- **Stress increases cortisol levels in the body which increases insulin resistance, making blood glucose harder to control.**
- **Stress also increases blood pressure.**
- **How to manage:**
 - **Deep breathing**
 - **Get enough sleep**
 - **Talk about your stressors**
 - **Remove stressors if possible**
 - **Seek help and advice 😊**
 - **Yoga, Mindfulness.....we will practice this next month!**
 - **Regular exercise, healthy eating pattern**

Heart Healthy Eating

Limit saturated fats

- **Sources:** meat, butter, ice cream, cheese, cream, coconut milk, coconut oil, and palm oil, processed foods made with butter or shortening

Avoid trans fats

- **Sources:** Stick margarines, shortening, convenience foods (such as crackers, cookies, microwave popcorn and other baked goods) may contain trans fats.
- Read the label and look for **hydrogenated oils or partially hydrogenated oils**

Limit sodium

- Reduce frequency of packaged, processed and restaurant foods
- Avoid salting foods when cooking or at the table

Heart Healthy Eating

- **Eat more monounsaturated fats and omega-3 fatty acids**
 - **Sources:** Olive oil, canola oil, peanut oil, peanuts, pecans, and avocado
- **Eat more omega-3 fatty acids**
 - **Sources:** Fatty fish (salmon, trout, halibut, tuna, swordfish); walnuts, flaxseeds, almonds
 - Discuss with your doctor before starting fish oil or any supplements.
- **Aim for >25 grams per day of dietary fiber**
 - **Sources:** fruits, vegetables, whole grains
- **Plan more plant-based meals – beans, nuts, legumes, soy**
 - This will help you meet all the above steps!

Reducing your Risk

Do you have any of these risk factors? Check those that apply.

- Hypertension (high blood pressure)
- High LDL cholesterol, low HDL cholesterol and/or high triglycerides
- Physical Inactivity (active less than 150 minutes per week)
- Obesity
- Poorly controlled blood sugars
- Stress

Which would you like to work on for your heart health?

■ _____

What support do you need?

■ _____

■ _____

Find your Why!

 You know what you need to do, but what is your “WHY?”

- _____
- _____

 **Knowing it vs. Doing it**

- Knowing what to do is the first step
- Actually doing it comes when you have your WHY and put your knowledge in to action!

#OurHearts

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www.nhlbi.nih.gov/ourhearts

Thank you!

Prairie Ridge

HEALTH



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