Top 10 Causes of Death in the US (2022)

- Heart Disease 21.4% up from 20.1% (2021)
- Cancer 18.5% up from 17.5% (2021)
- Cerebrovascular Diseases (stroke) 5% up from 4.7% (2021)
- Diabetes Mellitus 3.1% up from 3.0% (2021)
- Nephritis 1.8% up from 1.6% (2021)
- Chronic liver disease and cirrhosis 1.7% up from 1.6% (2021)

- 60% of the top 10 causes of death
- The first 5 of these = 31.3% of the deaths
- All of these plus cancer = 51.5% of the deaths

Biometric Indicators for Heart Health

- Blood Pressure
  - Indicates fitness level
  - ID arrhythmias
  - ID risk of heart attack, stroke, & kidney damage

- Calcium Scores
  - ID risk of heart attack & stroke
  - Plaque development
  - Narrowing of arteries
  - Reduced blood flow

- BLOOD LABS
  - C-Reactive Protein
    - Shows inflammation in the body but not where it is

- Lipid Labs
  - Total cholesterol
  - HDL
  - LDL
  - Triglycerides

- Advanced Lipid Labs
  - LDL particle size
  - LDL particle #
  - Apolipoprotein A & B
  - Lipoprotein(a)

Question for You

Have you ever heard of Metabolic Syndrome before?
If you know what it is, how would you describe it?
You must have at least 3 metabolic risk factors to be diagnosed with metabolic syndrome.

Metabolic Syndrome Risk Factors Include:
- Large Waistline
- High Blood Sugar
- High Blood Pressure
- Low HDL Cholesterol Level
- High Triglyceride Level

Metabolic Syndrome Criteria For Adults
Any 3 of the following risk factors:
- Abdominal obesity (waist circumference)
  - men > 40 in; women > 35 in
- Triglycerides
  - ≥ 150 mg/dL
- High-Density Lipoproteins (HDL Chol.)
  - men < 40 mg/dL; women < 50 mg/dL
- Blood pressure
  - ≥ 130 mmHg systolic (top)
  - ≥ 85 mmHg diastolic (bottom)
- Fasting blood glucose
  - ≥ 100 mg/dL

Source: National Cholesterol Education Program

What can you do about Metabolic Syndrome?

- To treat AND prevent Metabolic Syndrome:
  - Maintain a healthy weight
  - Eat a heart-healthy diet
    - ↑ nutrient dense foods, fiber
    - ↓ fat, saturated fat, sugar
    - ↓ sodium, if you are sensitive
  - Get adequate physical activity
  - Get good sleep
  - Reduce stress
  - Follow your healthcare providers’ instructions

*American Heart Association (http://www.americanheart.org)

Diets Can be Confusing
- Some are too strict
  - These are often short-lived
- Some are unfounded
- Some do have research supporting it but
  - May have side effects or unnecessary restrictions
- Be strategic with selected habits that have a body of scientific evidence behind them
  1. Stick to what’s practical first
  2. Then step up or down in a behavior or food
  3. Then add another behavior
    - Once that becomes a habit

Question for You

What are some foods that are part of a heart-healthy diet?

Dietary Approaches That Love Your Heart
- Dietary Approaches to Stopping Hypertension (DASH)
- Therapeutic Lifestyle Changes (TLC) to Lower Cholesterol
- Mediterranean Diet
DASH Diet

- ↓ blood pressure in 8 wks (no salt restriction)
  - Greater results if sodium intake is reduced
- Reduced 10-year risk for heart disease
  - Based on participants’ blood pressure (BP) & cholesterol levels before & after the diet
  - Reduced risk by 10% compared to control diet
  - Greater benefit was seen in women (13%) and Black adults (14%).
- DASH Diet may help to lower BP & prevent or reduce the risk of
  - Heart disease, diabetes, kidney disease, & gout.

TLC Diet

- ↓ LDL, Triglycerides, BP, Glucose, Weight
- ↑ HDL
- Can ↓ LDL by 25-30%
- Cons:
  - Daily cals (1000-1200 cals for female & 1200-1600 for male) are often too low
  - Recommendation of 50-60% total calories from carbs but if these are refined, processed carbs that defeats the purpose
  - Restricting cholesterol may be unnecessary
    - Dietary cholesterol isn’t bad for you
    - Saturated fat, trans fats & sugars = bigger culprits

Mediterranean Diet

- Mostly plant-based + lean fish & chicken a few times/wk & red meat a few times a month
- Focus on mono-unsaturated oils is more important than % of total cals from fat
- Results
  - 24-25% less risk of developing heart disease
  - 23% lower risk of premature death
  - ↓ Inflammation, blood sugar, & BMI
  - ↓ Rate of death by stroke by 30%
  - ↓ incidence of diabetes by 52%
- Cons:
  - Possible to gain wt due to excess calorie intake
    - Add portion control to maintain a healthy wt
  - Let’s take a closer look at these

Magnesium-Rich Foods

- Pumpkin or Squash Seeds
- Brazil Nuts
- All Bran or 100% Bran Cereal
- Oat Bran Muffin
- Halibut Fish
- Avocado
- Soybeans or Edamame

Potassium-Rich Foods

- Banana, Papaya, Orange, Mango
- Clams
- Fish (Halibut, Tuna, Cod, Snapper)
- Potato or Sweet Potato
- Avocado, Beet Greens
- Artichoke, Mushrooms
- Kale, Spinach, Swiss Chard
- Beans (esp. white), Peas

Calcium-Rich Foods

- Milk, soy milk (fortified)
- Yogurt
- Calcium-fortified cereal bar, cereal, protein bar or shake
- Tofu (fortified)
- Cheese (but aim for lower in saturated fat)
Avoid Sodium-Rich Foods

- Ham, Salami, Beef Jerky, Bacon, Hot Dogs
- Miso, Sauerkraut, Pickles
- Canned Soup, Tomato, Fish, Beans
- Teriyaki Sauce or Soy Sauce
- Table salt

Other Supportive Dietary Changes

- Eat more plant-based meals
  - Vegan
  - Lacto-ovo Vegetarian
  - Pescatarian
  - Flexitarian
- Why does this work?
  - ↑ fiber
  - ↑ antioxidants
  - ↓ fat
  - ↓ saturated fat

Other Foods & Spices for Your Heart

- ↑ Blood Flow
  - Cinnamon
  - Cayenne pepper
  - Paprika
  - Pomegranate (or juice)
  - Watch these if on blood thinners!
- ↑ Antioxidants to Fight Free Radicals
  - Dark Chocolate
  - Brightly colored fruits and veggies
    - Aim for 3-5 colors of produce/day
    - If sick, aim for 3-5 colors/meal
  - Omega 3 Fatty Acids
- Reduce Inflammation
  - Reduce intake of sugar
  - Turmeric
  - Ginger
  - Pomegranate (or juice)
- Decrease Cholesterol
  - Onions
  - Garlic

Other Ways to Love Your Heart

- Smoke/Vape Less or Quit Altogether
- Get More Active
  - Move More
- Sit Less
  - Separate risk factor from lack of exercise
- Get Good Sleep
- Reach & Maintain a Healthy Weight
- Reduce Stress
  - If possible
  - OR Manage Stress Effectively

Conclusion

- Focus on what’s most important to ↓ & ↑
  - Know your why (motivation & what works)
- Start with health behaviors you like
- Let’s get you started
- If you have family history of heart disease, remember you may not be able to change what cards you were dealt, but you CAN always change how you play your hand.
If We As A Nation Focused on 3 Health Behaviors...

- We could prevent & treat over 50% of the top 10 causes of death & disability in this country:
  - Eat better
  - Move more
  - Stress less

- Join us for Meet & Beat Metabolic Syndrome Course &/or Challenge at www.lovetolivewell.com
  - More to launch under the Get Healthy Online tab in coming months (use OLLI20 for 20% off)

- If you need more guidance, my services are:
  - FSA- & HSA-eligible
  - Telehealth, Denton, or Flower Mound

How motivated are you to use some of these heart-healthy strategies more often?

1 = not motivated at all
5 = highly motivated

What is one lifestyle choice we discussed today that you could incorporate into your daily life?

Thank you

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References available upon request