Slide 1

Love Your Heart the Sustainable Way:

Practical Habits to Protect Your Heart

—

Anna Love, PhD, RDN, LD, MCHES, CIC
Dietitian, Health Coach, & Founder

Love to Live Well

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Slide 2

Introduction

- **Objectives for you today:**
  - ID indicators used to measure heart health
  - ID at least 3 key elements of heart healthy diet
  - ID what new behavior you will start today!

- **Heart Disease is**
  - # 1 cause of death in US
    - 21.4% of all deaths in 2022
  - Preventable
  - Treatable if caught early enough

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Slide 3

Top 10 Causes of Death in the US (2022)

- **That could be addressed by health behaviors:**
  - 1. **Heart Disease** 21.4% up from 20.1% (2021)
  - 2. **Cancer** 18.5% up from 17.5% (2021)
  - 5. **Cerebrovascular Diseases** (stroke) 5% up from 4.7% (2021)
  - 8. **Diabetes Mellitus** 3.1% up from 3.0% (2021)
  - 9. **Nephritis** 1.8% up from 1.6% (2021)
  - 10. **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**

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Biometric Indicators for Heart Health

- **Blood Pressure**
  - Indicates fitness level
  - ID arrythmias
  - 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)

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Slide 5

Apple vs Pear Body Shape

More Visceral Fat
- Higher Risk of Weight-Related Health Problems

Less Visceral Fat
- Lower Risk of Weight-Related Health Problems

≥40-inch waist for men

≥35-inch waist for women

Above The Waist

Below The Waist

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Question for You

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Have you ever heard of Metabolic Syndrome before?

If you know what it is, how would you describe it?

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Metabolic Syndrome Risk Factors Include:

Large Waistline

High Blood Sugar

High Blood Pressure

Low HDL Cholesterol Level

High Triglyceride Level

You must have at least 3 metabolic risk factors to be diagnosed with metabolic syndrome

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Metabolic Syndrome Criteria For Adults

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

Source: National Cholesterol Education Program

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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
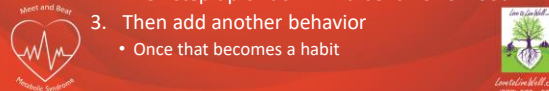 - Follow your healthcare providers' instructions

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

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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

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Question for You

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

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Dietary Approaches That Love Your Heart

- **Dietary Approaches to Stopping Hypertension (DASH)**

- **Therapeutic Lifestyle Changes (TLC) to Lower Cholesterol**

- **Mediterranean Diet**

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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

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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

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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**

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Magnesium-Rich Foods

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

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Potassium-Rich Foods

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

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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)

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

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Other Supportive Dietary Changes

- Eat more plant-based meals
  - Vegan
  - Lacto-ovo Vegetarian
  - Pescatarian
  - Flexitarian

- Why does this work?
  - ↑ fiber
  - ↑ antioxidants
  - ↓ fat
  - ↓ saturated fat

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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

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Other Foods & Spices for Your Heart

- Reduce Inflammation
  - Reduce intake of sugar
  - Turmeric
  - Ginger
  - Pomegranate (or juice)

- Decrease Cholesterol
  - Onions
  - Garlic

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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

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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.

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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

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Question for You

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

**1 = not motivated at all
5 = highly motivated**

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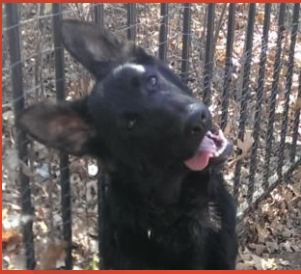
What is *one* lifestyle choice we discussed today that you could incorporate into your daily life?

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Questions?

click
LovetoLiveWell.com
or call
(877) 978 - 9355
Anna Love PhD, RD, LD, MCHES

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(877) 978 - 9355
Anna Love PhD, RD, LD, MCHES

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Thank you

Anna Love, PhD, RDN, LD, MCHES, CIC
Founder & Owner
Love to Live Well
anna@lovetolivewell.com

References available
upon request

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