

Courtesy: Time.com

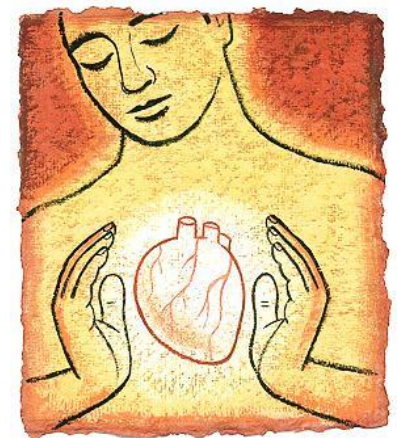
Healthy Heart Healthy Life

By

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Consultant Cardiologist

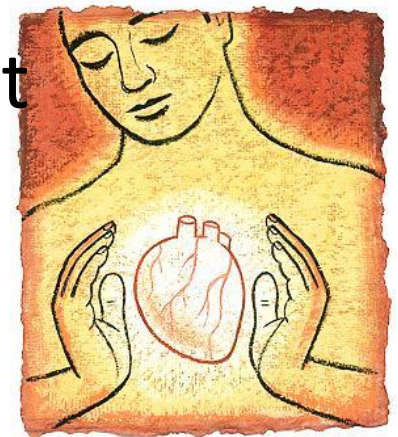
Cardiovascular disease (CVD)

- is an umbrella term for all diseases of the heart and circulation, including heart disease, stroke, heart failure, cardiomyopathy, and atrial fibrillation.



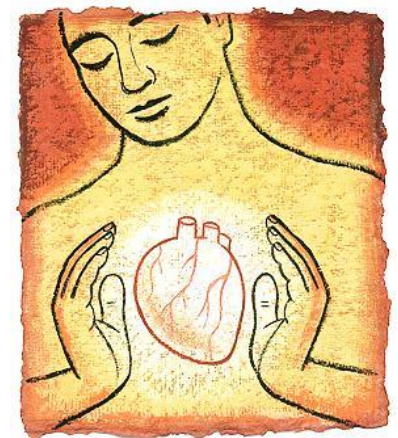
CVD – The silent killer

- There are an estimated 7 million people living with cardiovascular disease (CVD) in the UK.
- The total cost of premature death, lost productivity, hospital treatment and prescriptions relating to cardiovascular disease is estimated at £19 billion each year.



CVD – The silent killer

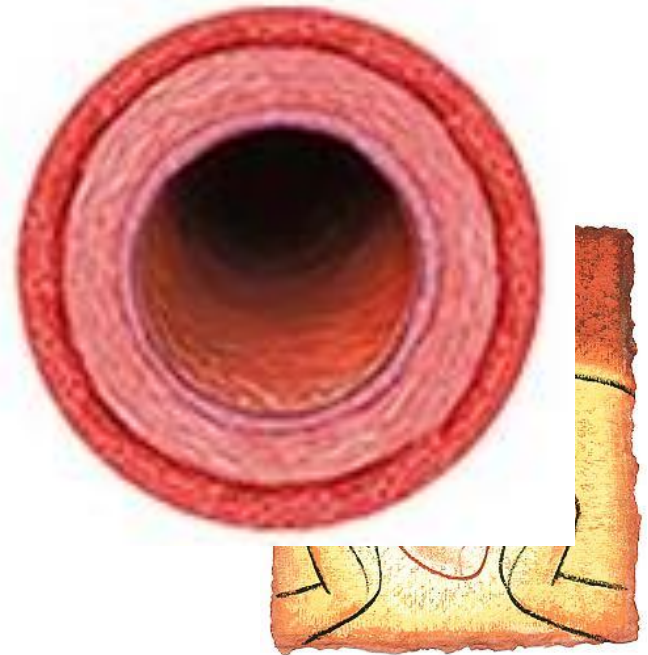
- Cardiovascular (heart and circulatory) disease causes more than a quarter of all deaths in the UK, or around 160,000 deaths each year.
- Almost **1 in 5 men** and **1 in 8 women** die from heart disease.



What Causes Heart Disease/Stroke?

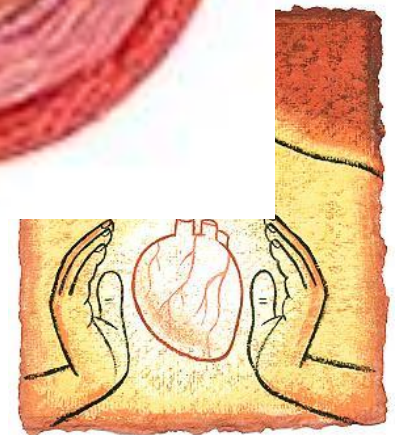
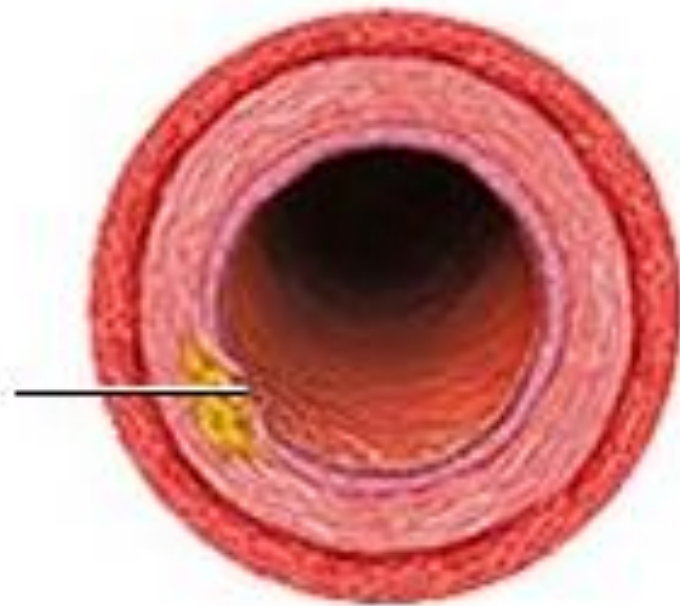
- **Arteries**—blood vessels that carry blood away from the heart to the rest of the body

Normal Artery



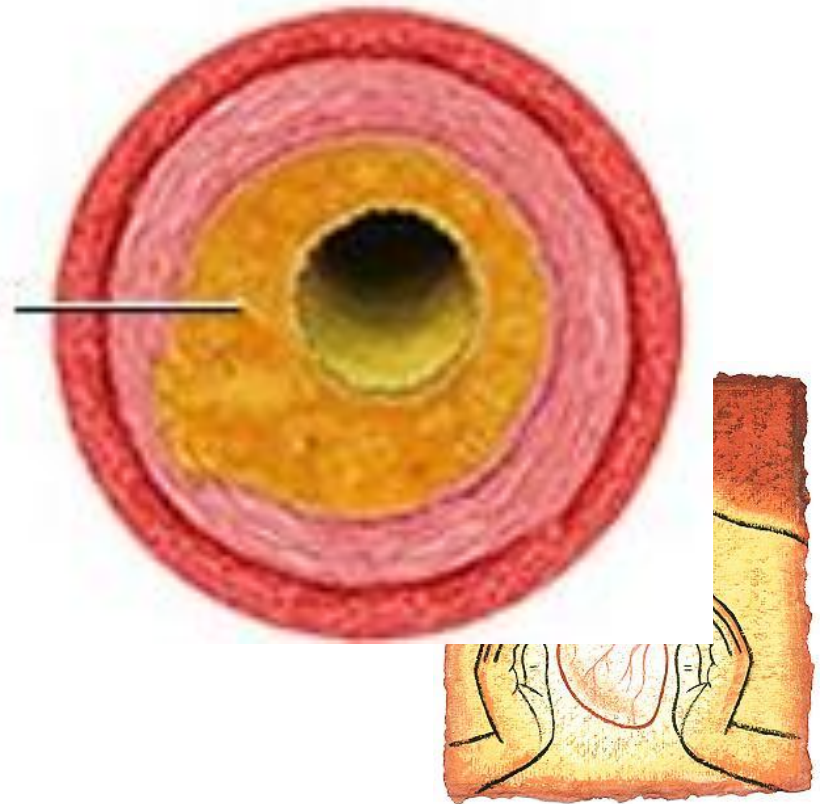
Plaque Starts to Build Up

**Tear in
Artery Wall**

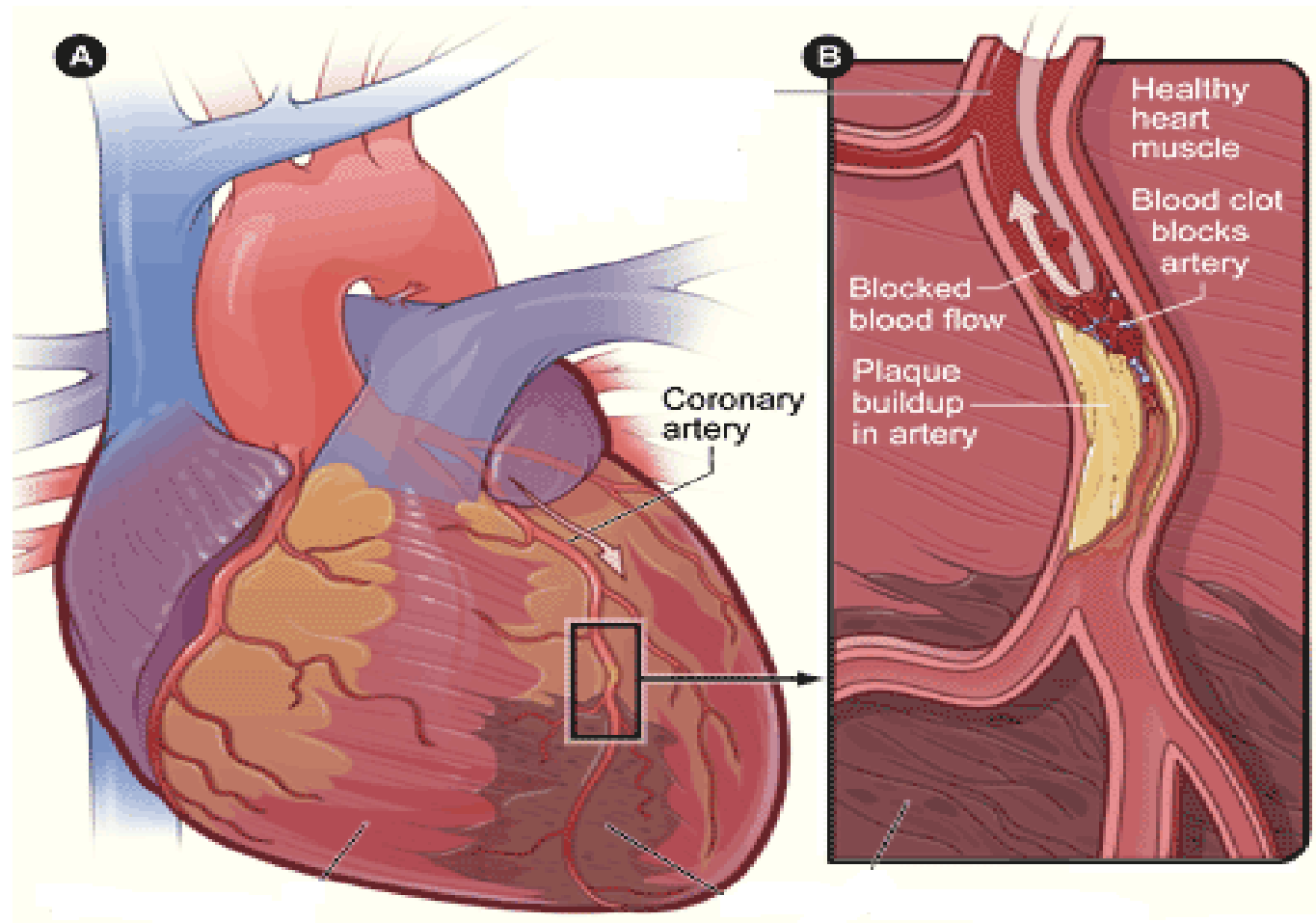


Plaque Can Grow and Harden and Obstruct the Artery

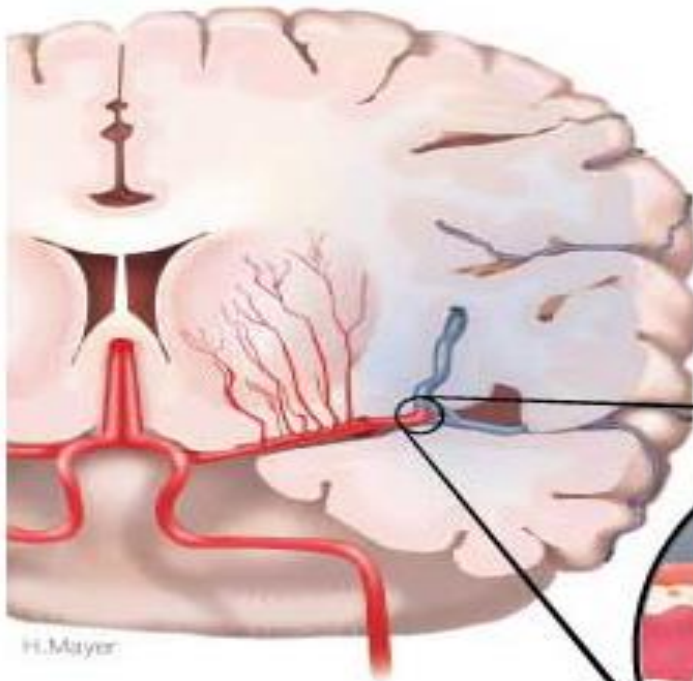
Atherosclerosis



Heart Attack

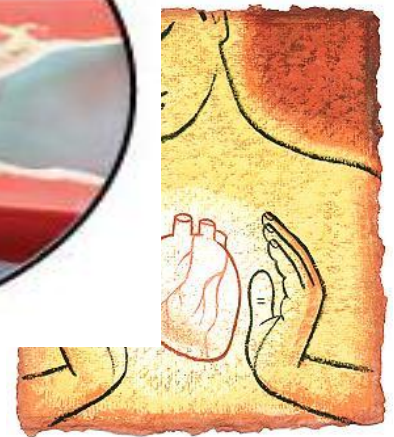


Ischemic Stroke



H. Mayer

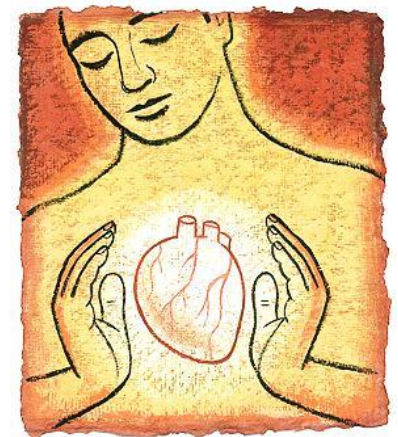
Blood clot stops the
flow of blood to an area
of the brain



What Increases Risk?

You Cannot Help

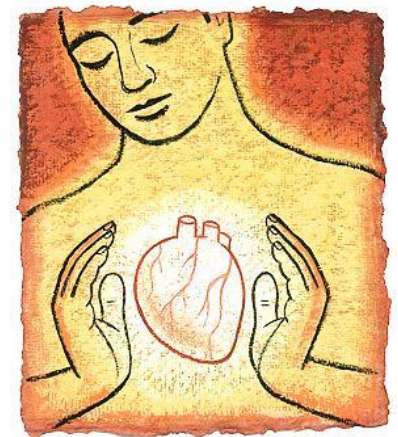
- **Age:**
 - Men: >45 years
 - Women: >55 years
- **Sex**
- **Race**
- **Family history**



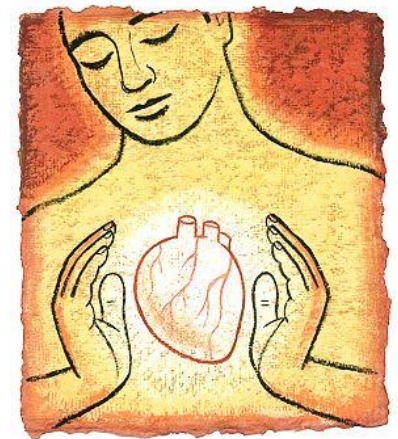
What Increases Risk?

You Can Help

- **Smoking**
- **Alcohol**
- **Poor diet**
- **Overweight/obesity**
- **Diabetes**
- **Physical inactivity**
- **High cholesterol**
- **High blood pressure**



Glass Half Full or Half Empty?

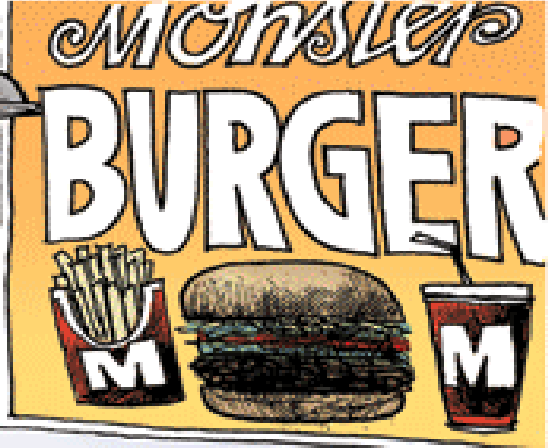
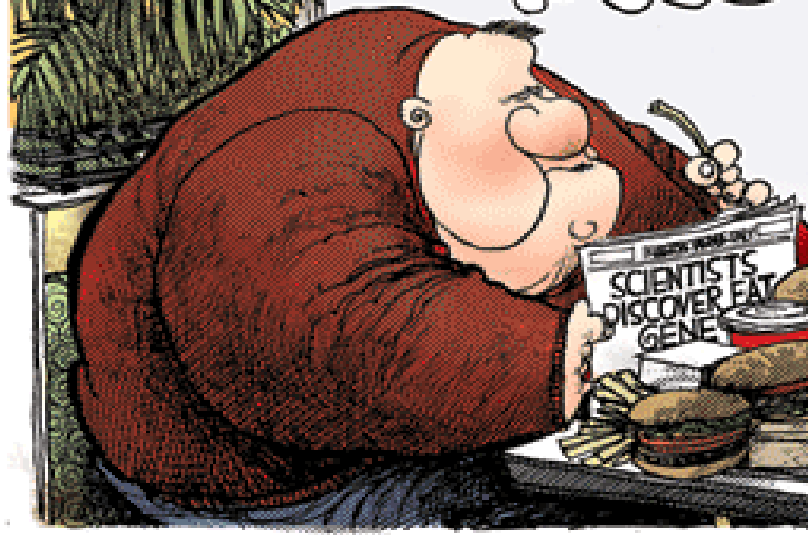


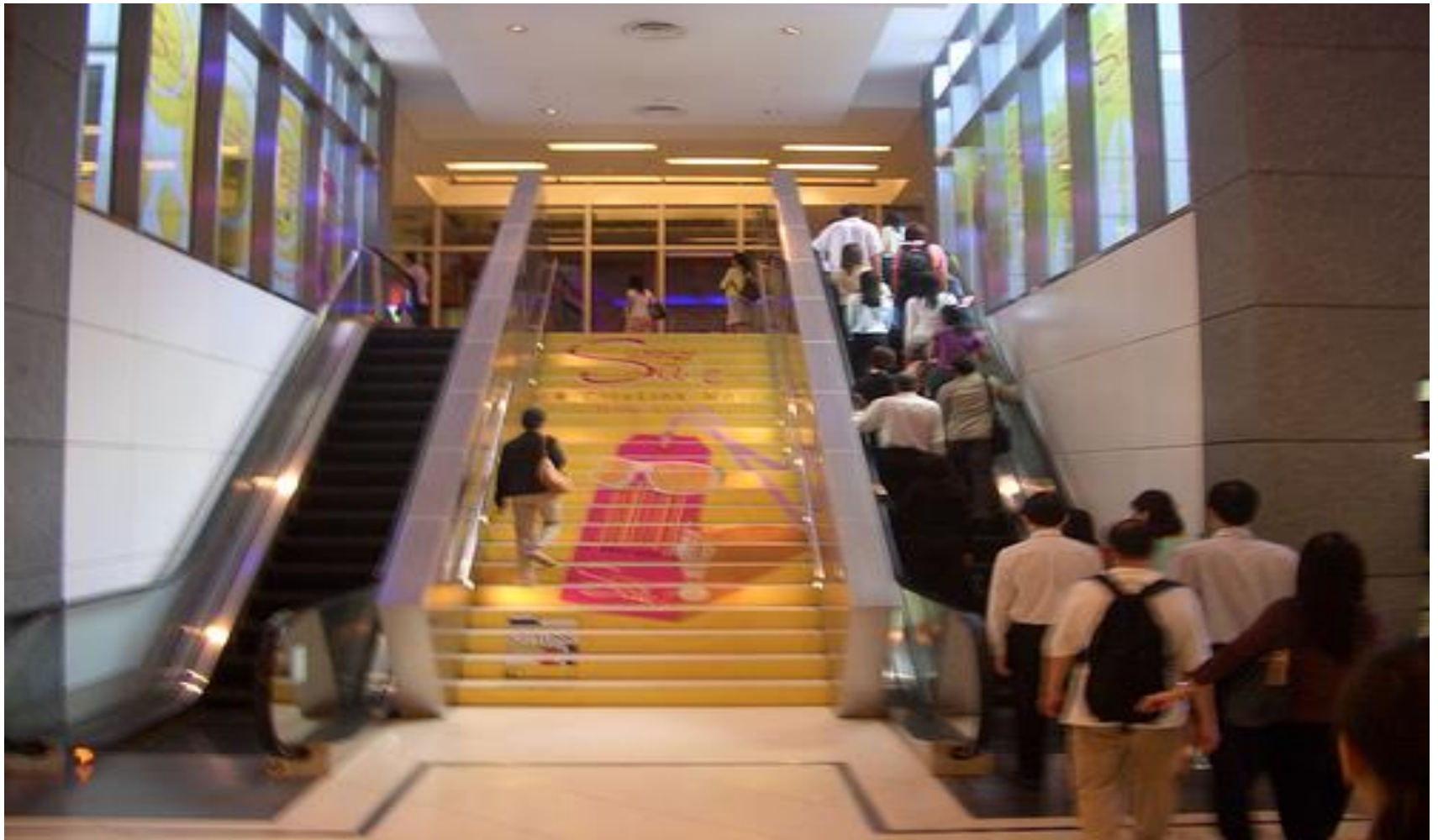
WALL STREET JOURNAL BUSINESS ONLY



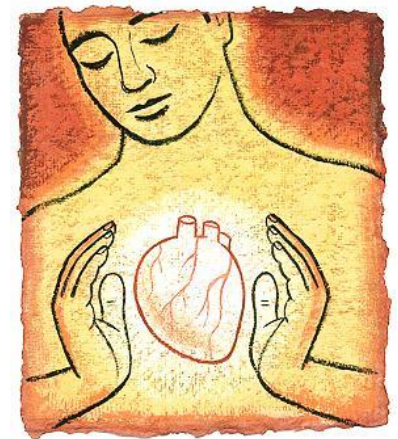
OPEN
SATUR

STINKIN' FAT GENE.





How Can You Play the Game?



7 Steps to a Healthier You

1. Know your numbers:

- Cholesterol (LDL=lousy, HDL=healthy)
- Triglycerides
- Blood pressure
- Blood glucose

2. Maintain a healthy weight

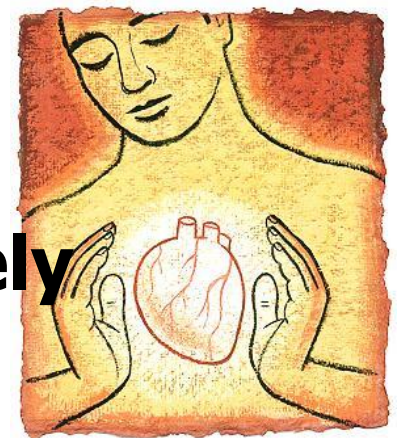
3. Stay physically active

4. Manage stress

5. Do not smoke

6. Do not drink alcohol excessively

7. Eat heart healthy



HDL=high-density lipoprotein, LDL=low-density lipoprotein

Cholesterol

- Cholesterol is a fatty substance which is found in the blood. Too much cholesterol is a contributing factor for Heart Disease.
- **LDL - under 2 mmol/l**
- **HDL - above 1 mmol/l**
- **Total Cholesterol - under 4mmol/l**
- **Triglycerides - less than 1.7 mmol/l**

Causes

- Eating a diet that is high in [saturated fat](#)
- smoking
- lack of physical exercise
- high alcohol intake, or
- kidney or liver disease.
- Having an inherited condition known as [familial hypercholesterolaemia \(FH\)](#) can also cause exceptionally high cholesterol even if you have a healthy lifestyle.

Blood Pressure

- Blood Pressure represents the pressure of the blood in your arteries. We need a certain amount of pressure in our body in order to keep our blood (circulation) flowing
 - High Blood Pressure is also known as

“Hypertension”

This is when your blood pressure is higher than the recommended level.

Blood Pressure

- What does Systolic and Diastolic Pressure Mean?
- Readings:
 - 140/80mmhg = Non Diabetics
 - Diabetics = 130/80mmhg

Maximum

Blood Pressure

- There isn't always an explanation, but these can play a part:
- not doing enough physical activity
- being overweight or obese
- having too much [salt](#) in your diet
- regularly drinking too much [alcohol](#) or
- having a [family history](#) of high blood pressure.

Blood Glucose

- Control your diabetes
- Target HbA1C of 7%

NICE recommended target blood glucose level ranges

Target Levels by Type	Upon waking	Before meals (pre prandial)	At least 90 minutes after meals (post prandial)
Non-diabetic*		4.0 to 5.9 mmol/L	under 7.8 mmol/L
Type 2 diabetes		4 to 7 mmol/L	under 8.5 mmol/L
Type 1 diabetes	5 to 7 mmol/L	4 to 7 mmol/L	5 to 9 mmol/L
Children w/ type 1 diabetes	4 to 7 mmol/L	4 to 7 mmol/L	5 to 9 mmol/L

*The non-diabetic figures are provided for information but are not part of NICE guidelines.

Good foods



Blueberries



Asparagus



Red Peppers



Carrots



Tomatoes



Avocados



Spinach



Cranberries



Fish



Flaxseed



Oatmeal



Quinoa



Broccoli



ans



Garlic



Kale



Nuts



Soy



Raspberries



Red Onions



Yogurt

Foods to avoid



Nachos



Cinnamon Rolls



Coffee Drinks



Biscuits and Sausage



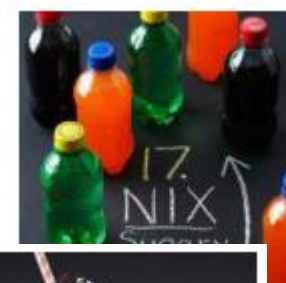
Battered Fish Dinners



Fruit Juice Beverages



Deep-Fried Chinese



Frozen Meals



Body Mass Index (BMI)

Underweight	<18.5
Normal Weight	18.5-24.9
Overweight	25-29.9
Obesity	30+

- www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx

Stay Physically Active

- Try BHF 10 minutes workout
- 150 minutes of physical activity a week
- 20-30mins a day for 5 days/week

Eat Healthy for your heart

- Eat plenty of fruit and veg
- Choose healthier fats
- Eat oily fish regularly
- Reduce the amount of salt you eat



Alcohol



Manage Stress



Know the food – EAT HEALTHY

FOOD LABEL DECODER

ALL MEASURES AS 100G/ML

	FAT	SATURATES	SUGARS	SALT
LOW HEALTHIER CHOICE	3g or less	1.5g or less	5g or less	0.3g or less
MEDIUM OK MOST OF THE TIME	3.1g to 17.5g	1.6g to 5g	5.1g to 22.5g	0.31g to 1.5g
HIGH JUST OCCASIONALLY	More than 17.5g	More than 5g	More than 22.5g	More than 1.5g

Fats, Oils, & Sweets
Use Sparingly



Milk, Yogurt & Cheese Group
2-3 Servings



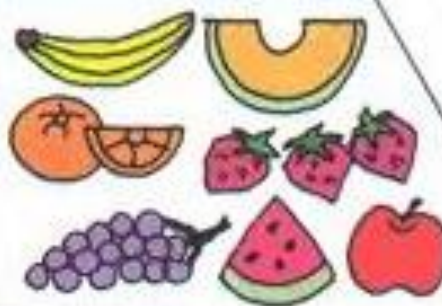
Meat, Poultry, Fish, Dry
Beans, Eggs, & Nuts Group
2-3 Servings



Vegetable Group
3-5 Servings



Fruit Group
2-4 Servings



Bread, Cereal,
Rice, & Pasta
Group
6-11
Servings

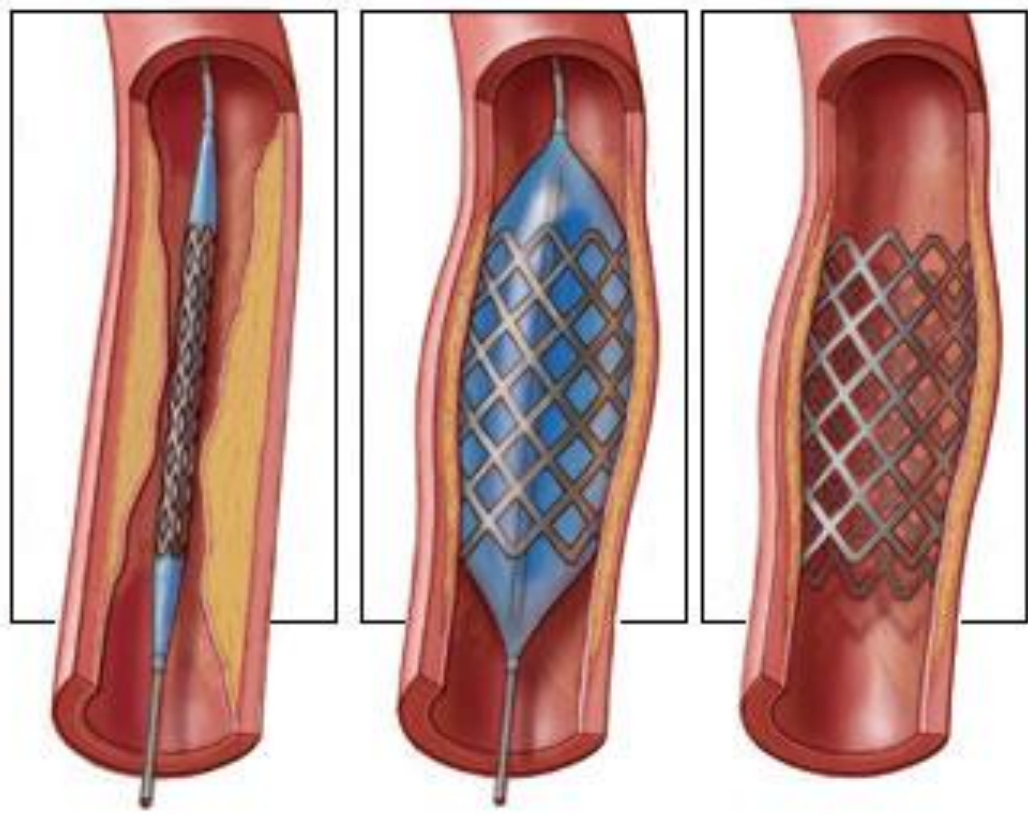
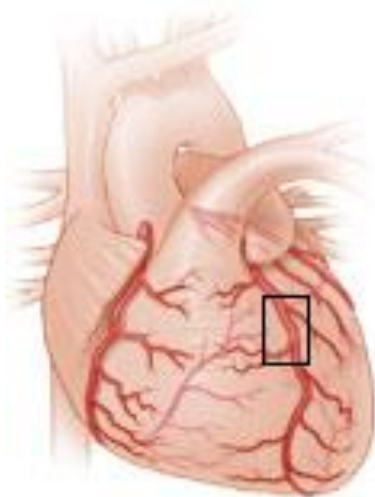


- <https://www.bhf.org.uk/heart-health/preventing-heart-disease/healthy-eating>

What if you have a heart condition?

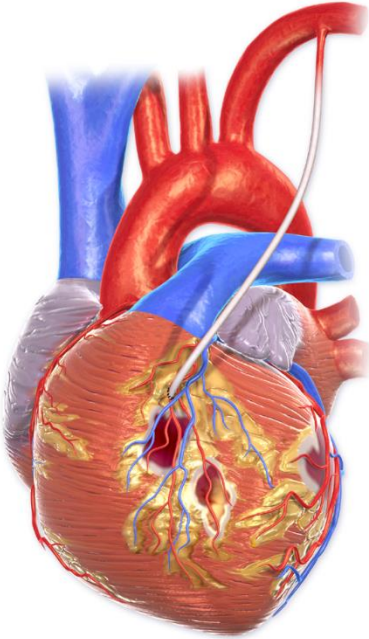
Don't worry, there is treatment.



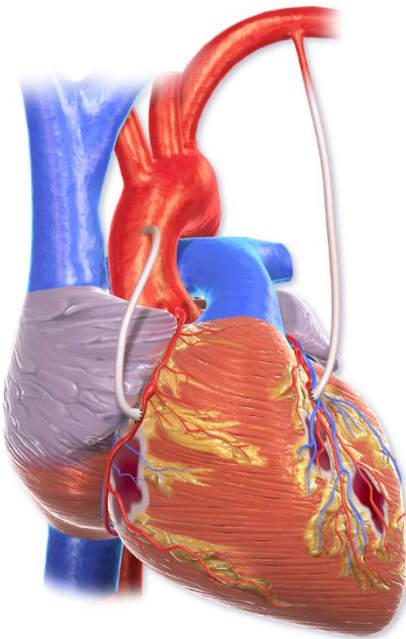


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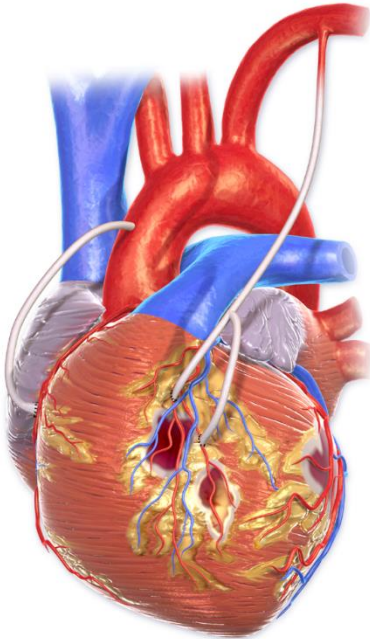
Single



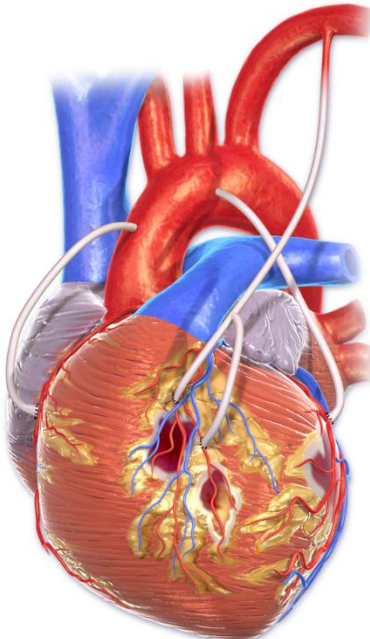
Double



Triple



Quadruple



Coronary Artery Bypass Graft (CABG)

Robotic cardiac surgery

