



UC DAVIS HEALTH | **SCHOOL OF MEDICINE**
Cardiac Risk Reduction Clinic
Cardiac Rehabilitation Program

Cardiovascular Wellness Program



SACRAMENTO STATE

Road Map to Health: Lifestyle Modifications for the Reversal of Hypertension and Diabetes

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VA



U.S. Department of Veterans Affairs

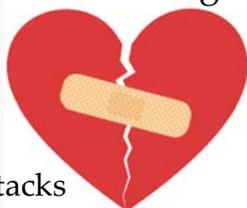
Today's Objectives (as always)

- What is the evidence for the “blue” route to improve blood pressure, diabetes and life expectancy?
- What are the modifiable risk factors for cardiovascular health?

CDPH and CDC- Call to action

- How do we lower blood pressure and glucose in the blood?

High blood pressure



High glucose



Knowledge is power



The power of preventing these:

Heart attacks
Heart Failure, Strokes, Obesity
Peripheral arterial disease
Amputations, Erectile Dysfunction
Dementia, Kidney failure
Premature Death

COVID19 Pandemic

Personal Goals!

- Type 2 Diabetes
- High blood pressure
- High cholesterol
- Overweight/Obesity
- Lack of Physical activity
- Stress

via Vallejo - San Francisco Ferry Building 32 h 122 miles

via Antioch 39 h 127 miles

via Stockton 50 h 162 miles

UC DAVIS HEALTH SCHOOL OF MEDICINE
PreventionForward Clinic

DIETARY GUIDELINES FOR AMERICANS 2015-2020 EIGHTH EDITION

USDA
DietaryGuidelines.gov

Figure 2-3.
Average Daily Food Group Intakes by Age-Sex Groups, Compared to Ranges of Recommended Intake

Fruits

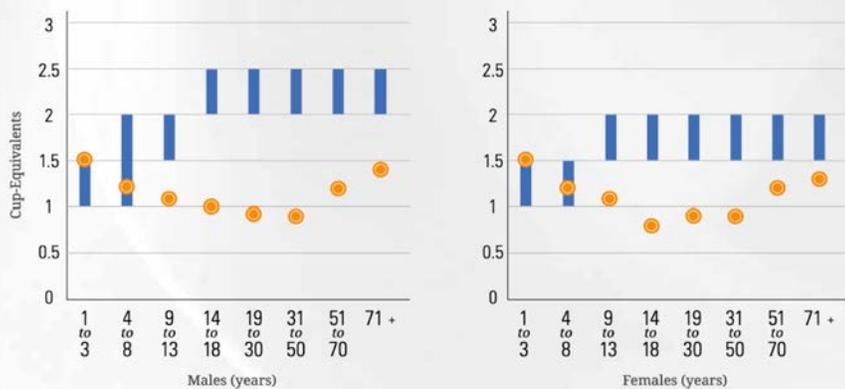


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Average Daily Food Group Intakes by Age-Sex Groups, Compared to Ranges of Recommended Intake

Vegetables

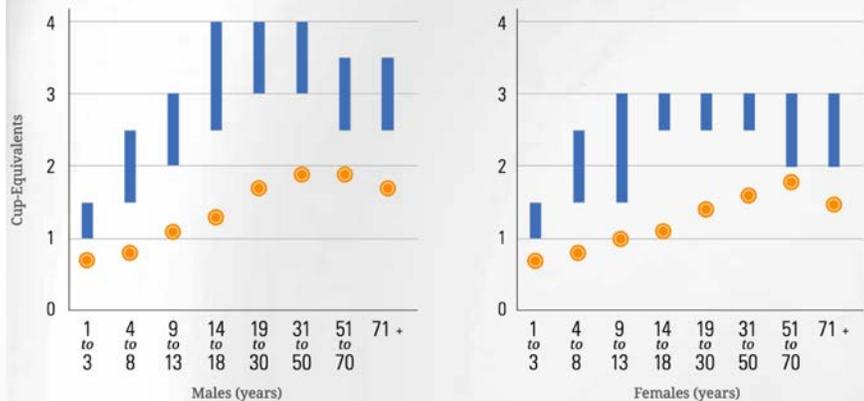
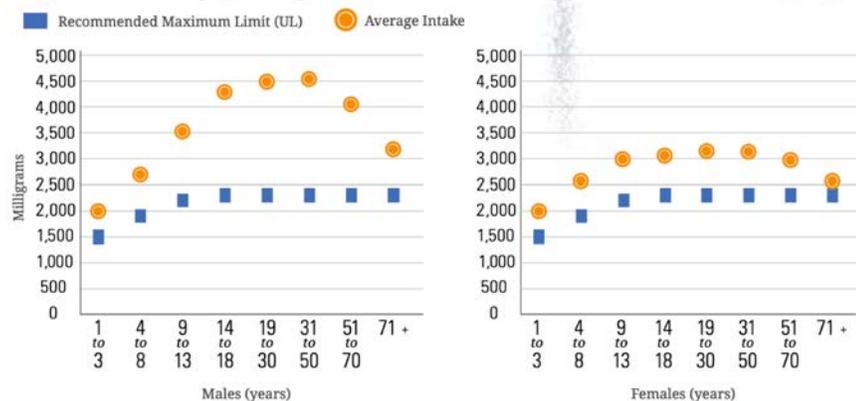


Figure 2-13.

Average Intake of Sodium in Milligrams per Day by Age-Sex Groups, Compared to Tolerable Upper Intake Levels (UL)



DATA SOURCES: What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Institute of Medicine Dietary Reference Intakes for Tolerable Upper Intake Levels (UL).

<https://nutritionfacts.org/video/the-evidence-that-salt-raises-blood-pressure/>

How do I handle the taste without the sodium?

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<https://nutritionfacts.org/video/changing-our-taste-buds/>



<https://nutritionfacts.org/video/Lowering-Our-Sodium-to-Potassium-Ratio-to-Reduce-Stroke-Risk/>

Questions?