

Taking it to Heart...

Proven Strategies to Save Your Heart



Sherry Torkos,
B.Sc.Pharm.
October 2011

Heart Trivia



1. What is a woman's lifetime risk of heart disease?
 - a) One in three
 - b) One in 100
 - c) One in 1000
 - d) One in 10,000

2. Which of the following statements about men and heart disease is *true*?
 - a) Half of men who die suddenly of heart disease have no previous symptoms.
 - b) Over 70% of sudden cardiac events occur in men.
 - c) Men with a waist > 40 inches (102cm) are at increased risk of heart disease
 - d) All of the above

Heart Trivia



3. When is the peak time that heart attacks occur?
 - a) Morning
 - b) Afternoon
 - c) Evening
 - d) There is no peak time

4. Which supplement is beneficial for heart disease prevention?
 - a) Folic Acid
 - b) Vitamin E
 - c) Vitamin C
 - d) Fish Oil
 - e) All of the above

Heart Trivia: *True or False?*



5. Hormone replacement therapy can decrease a woman's risk of heart attack and stroke.

6. Smokers who quit can reduce their risk of suffering a smoking-related heart attack 50% after one year.

7. People who are physically inactive are twice as likely to be at risk for heart disease or stroke than people who are physically active.

Heart Trivia: *True or False?*



8. After a heart attack, a woman is more likely to survive compared to a man.

9. Saturated fats have a greater impact on cholesterol levels than foods high in cholesterol.

10. All men and women over 65 should take aspirin daily to cut the risk of heart attack.

Strategies for Preventing Heart Disease



- Know the Risk Factors
- Get Screened
- Take Action
- It is never too early, or too late!

Heart Disease Risk Factors



Most are modifiable:

- Smoking
- High blood pressure
- High Cholesterol
- Diabetes
- Lack of Activity/sedentary lifestyle
- Obesity
- Stress
- Lack of Sleep

Smoking & Heart Disease



- Smoking contributes to atherosclerosis, increases risk of blood clots, reduces oxygen in blood, raises BP, increases workload on heart and doubles risk of ischemic stroke.
- Women who smoke and also use oral contraceptives increase their risk of heart disease and stroke several times compared with nonsmoking women who use oral contraceptives.
- Secondhand smoke increases the risk of coronary heart disease by 25%. Nonsmokers have more than a 70% increase in risk of stroke if they live with a smoker.
 - Even brief exposure to secondhand smoke could trigger a heart attack.

Nutritional Strategies



- Avoid processed/fast food
 - Saturated and trans fat, high glycemic carbs, salt
- Eat small frequent meals with nutrient and fibre-rich foods
- Minimize alcohol
- Incorporate heart-healthy foods

Heart Healthy Foods



- Beans
- Berries
- Chia seed
- Fish
- Garlic
- Green Tea
- Oats
- Olive Oil
- Plant Sterols
- Soybeans

Heart Healthy *Indulgences*



- Avocado
- Coffee
- Dark Chocolate
- Nuts
- Red Wine

Exercise and Your Heart



- Exercise lowers multiple risk factors for heart disease
 - ✓ Lowers blood pressure and cholesterol
 - ✓ Improves blood sugar and circulation
 - ✓ Reduces stress
 - ✓ Strengthens heart muscle; improves heart function
 - ✓ Boosts metabolism; aids weight management
- Aim for 1 hour of moderate intensity activity

The Impact of Stress



Stress is the trash of modern life...

We all generate it but if you don't dispose of it properly, it will pile up and overtake your life

~Teri Guillemets

Stress and Your Heart



- Stress is associated with multiple risk factors for heart disease
 - ✓ Stress increases blood pressure, cholesterol, atherosclerosis, blood clots and inflammation
- Stress may have a more profound effect on women's hearts than men's
- Coping strategies are essential!
 - ✓ Deep breathing, Yoga, meditation, laughter

The Impact of Attitude



- Mind-body connection
- Optimists have lower rates of heart disease
 - *Power of laughing and humour*
- Pessimism, anxiety, anger and negativity increase heart disease risk

Sleep and Heart Health



- Lack of sleep increases heart disease risk
 - Increases blood pressure, triggers inflammation, promotes plaque build up in arteries
- Few adults get adequate sleep
- Women are more likely to experience sleep problems
 - 80% report sleep problems due to stress/anxiety
- Aim for a minimum of 7 to 8 hours sleep each night

Supplements for Heart Health



- Evidence for heart attack and stroke prevention:
 - Fish Oils (omega-3 fatty acids)
- Products that help lower risk factors:
 - Aged Garlic Extract
 - Grape seed extract
 - Niacin
 - Plant Sterols
 - Coenzyme Q10

Omega-3 fatty acids



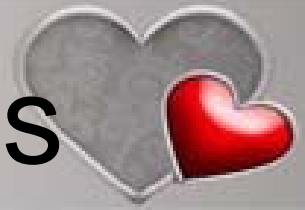
- Reduce inflammation and clotting
- Lower triglycerides
- Modest effect on raising HDL
- Modest benefits for blood pressure
- Help lower homocysteine
- Reduce arrhythmias
- Improve blood vessel tone

Supportive Supplements



- Aged Garlic Extract
 - Helps lower BP, cholesterol, triglycerides, and homocysteine
 - Reduces blood clotting; helps slow progression of atherosclerosis
- Grape seed extract
 - Helps lower BP, supports health of blood vessels
- Niacin
 - Raises HDL, lowers LDL, decreases Lp(a) and fibrinogen
- Plant Sterols
 - Lower total and LDL cholesterol
- Coenzyme Q10
 - Help support heart health/function; modest effects on BP

Supplemental Controversies



- Calcium
- Folic Acid
- Vitamin C
- Vitamin D
- Vitamin E

Safe Supplementing



- Talk with your doctor/pharmacist
- Inquire about side effects and potential interactions
- Read ingredient labels/check expiry dates
- Follow recommendations
 - More is not usually better
 - *Don't stop prescribed medication unless advised*



Wherever you go,
go with all your heart
....*Confucius*





Questions?

