



UNIVERSITY OF OTTAWA  
HEART INSTITUTE  
INSTITUT DE CARDIOLOGIE  
DE L'UNIVERSITÉ D'OTTAWA

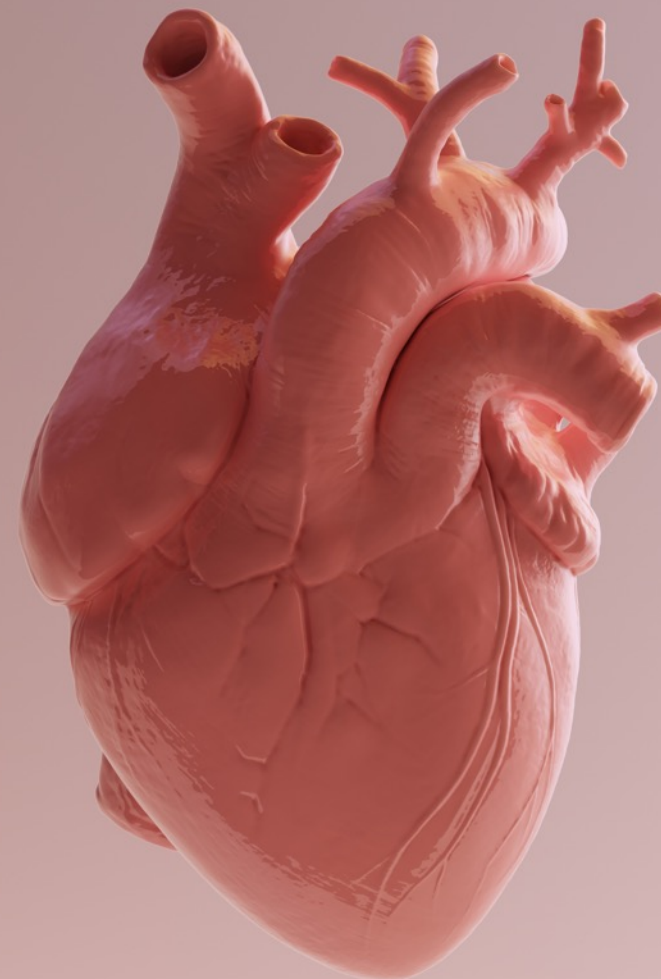
**HEARTWISE WEBINAR SERIES**

# **KNOW YOUR RISK FACTORS FOR CARDIOVASCULAR DISEASE**

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CardioPrevent Program Lead/ Health Coach  
Prevention and Wellness Centre/Canadian Women's Heart Health Centre



AWARENESS OF CVD RISK



PERSONALIZATION OF RISK



ACTIONS TO LOWER RISK



IMPROVED CARDIOVASCULAR HEALTH



**KNOW | UNDERSTAND | ACT**

**“YOU CAN  
CHANGE DESTINY  
BY MODIFYING  
YOUR RISKS.”**



**AGE**



**SEX**



**ETHNICITY**



**FAMILY  
HISTORY**



**RISK  
FACTORS  
WE CANNOT  
CHANGE**



**SMOKING**



**DIABETES**



**HIGH BLOOD  
PRESSURE**



**OVERWEIGHT /  
OBESITY**



**POOR  
NUTRITION**



**PHYSICAL  
INACTIVITY**



**HIGH  
CHOLESTEROL**



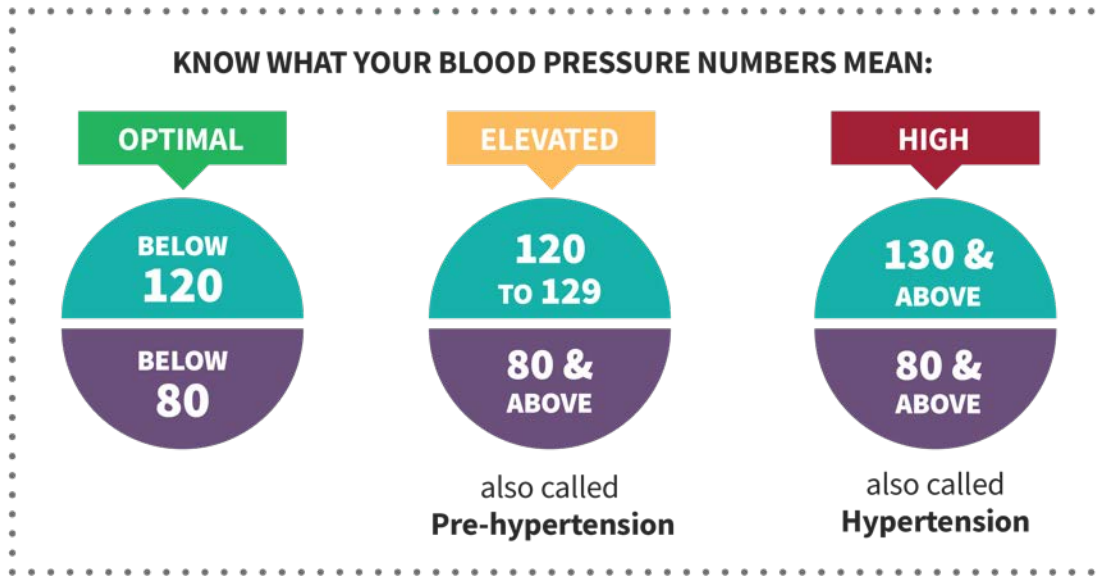
**PSYCHOSOCIAL  
FACTORS**



**RISK  
FACTORS  
WE CAN  
CHANGE**

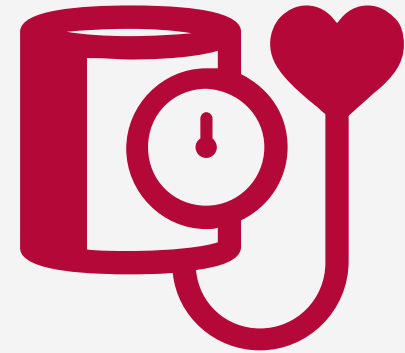
## SYSTOLIC (TOP NUMBER):

The pressure or force measured in the arteries when the heartbeats (mmHg)



## DIASTOLIC (BOTTOM NUMBER):

The pressure or force measured in the arteries between heartbeats (mmHg)



# BLOOD PRESSURE



**HIGH BLOOD PRESSURE**



**EXCESS DAMAGE TO THE ARTERIES**



**FATTY DEPOSITS**



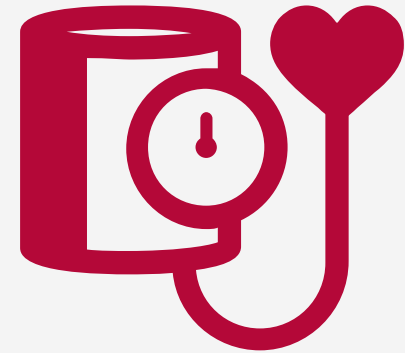
**NARROWED BLOOD VESSEL WALLS**



**REDUCED BLOOD FLOW**



**HEART DISEASE**



**BLOOD  
PRESSURE**



**Reduce salt intake.** Aim for less than one teaspoon (<2400 mg) of salt a day.



**Move more, sit less.** Choose an activity that you enjoy and that fits with your lifestyle. Aim for 30 minutes a day.



**Achieve and maintain** a healthy weight.



**Increase fruits and vegetables.** Aim for 7 servings of fruits and/or vegetables a day.



Reduce alcohol intake. Aim for less than 2 drinks per day.



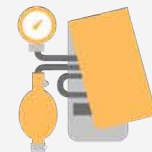
**Manage stress.** Stay connected with those who care.



Diabetes control.



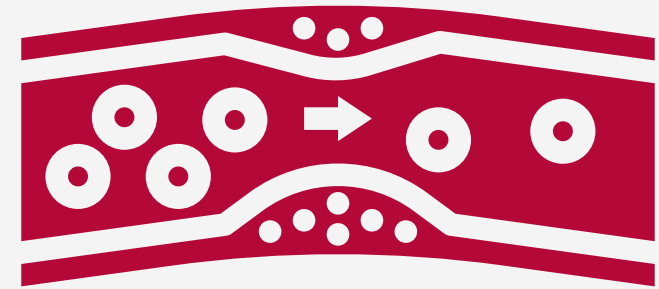
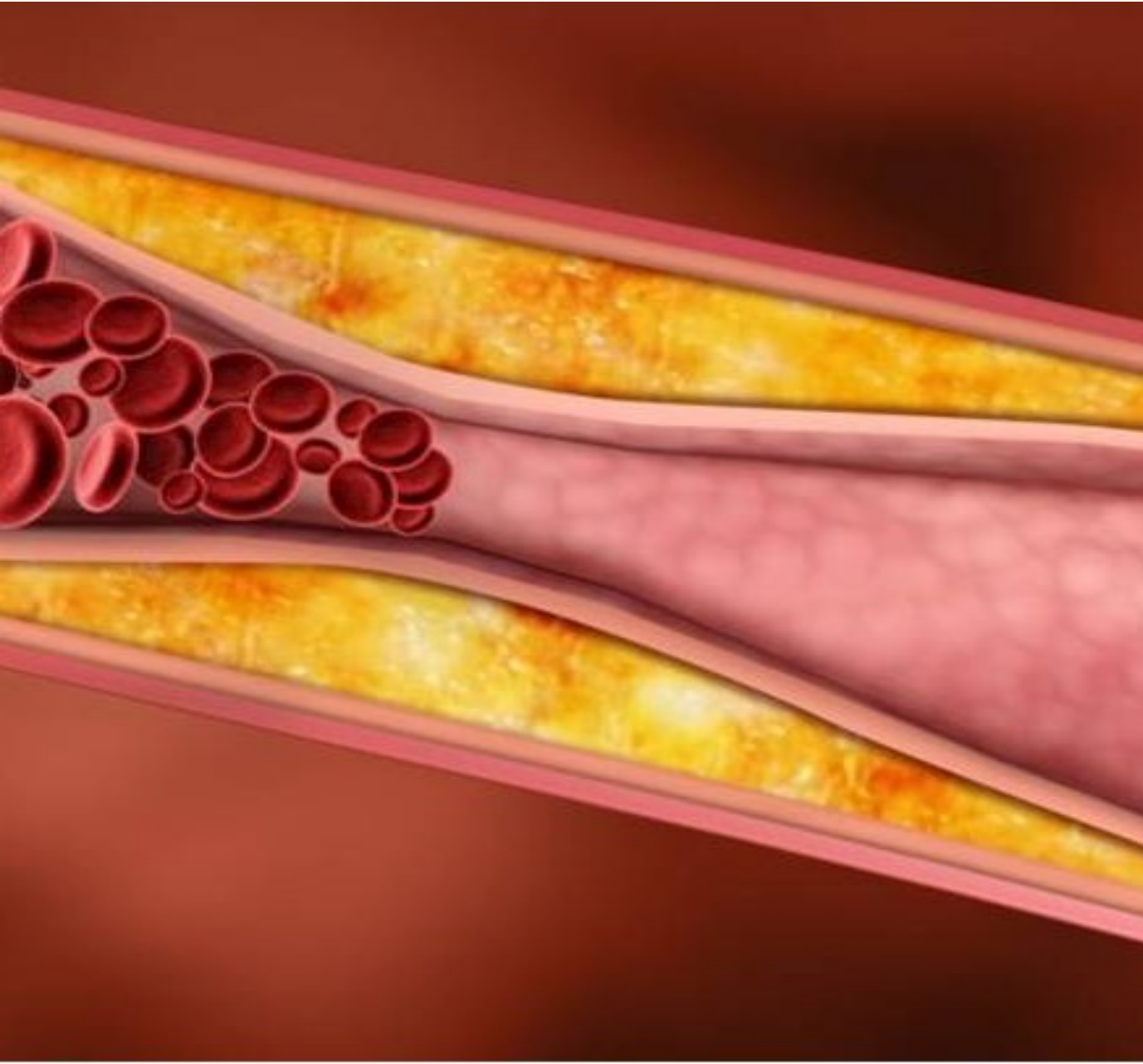
**Take your medications** as prescribed.



**Monitor your blood pressure** and keep a log.



If you smoke, find support to quit.





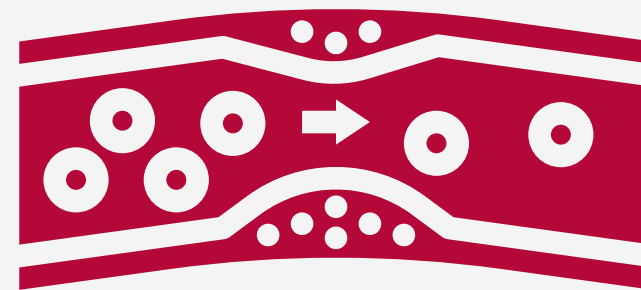
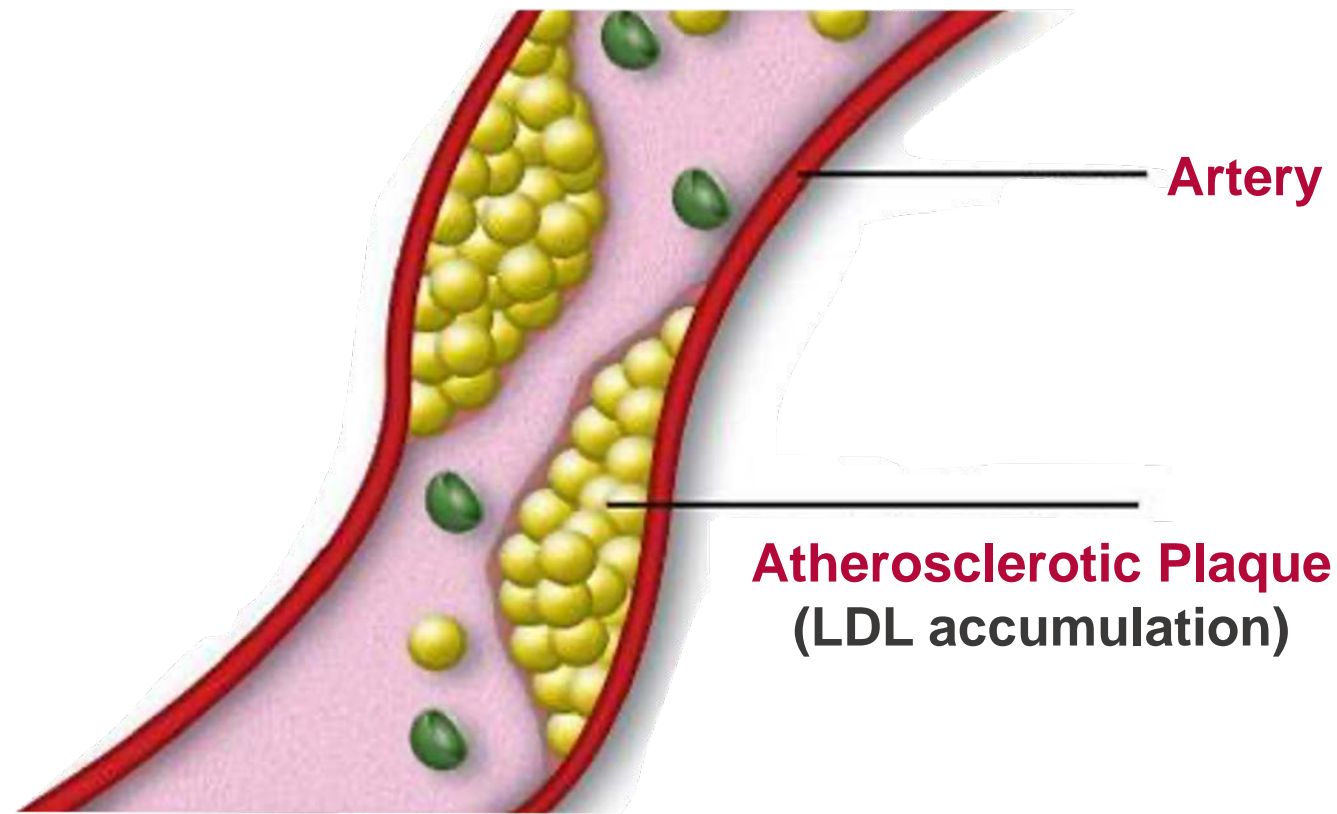
## CHOLESTEROL

Cholesterol is a type of fat in your blood. Too much blood cholesterol can lead to heart disease



## BAD VS. GOOD CHOLESTEROL

-  **Bad (LDL)** | Stores cholesterol in the blood stream
-  **Good (HDL)** | Regulated LDL storage and promotes excretion



# CHOLESTEROL

## REDUCE YOUR **LDL** (LOW-DENSITY LIPOPROTEIN)



Eat **more** fruits and vegetables.  
Aim for 7 servings a day



Eat **more**  
whole grains



Eat **less** trans fats  
and saturated fats

## INCREASE YOUR **HDL** (HIGH-DENSITY LIPOPROTEIN)



Eat **more**  
monounsaturated fats



Find support to  
**quit smoking**



Move **more**, sit less. Aim for 30  
minutes a day (walking, swimming)

## REDUCE YOUR **TRIGLYCERIDES**



Eat **less** simple carbohydrates,  
such as fruit juices and sugar



**Reduce** your alcohol intake. Aim  
for less than 2 drinks per day

## REDUCE YOUR **TOTAL CHOLESTEROL**



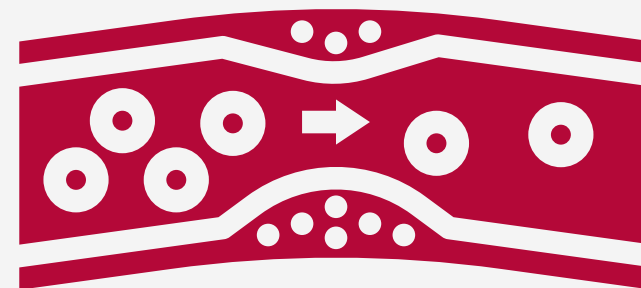
Eat **less** foods high in cholesterol



**Take** your cholesterol lowering  
medications as prescribed



aim for a waist circumference below  
88cm (women) or 102 cm (men)



# CHOLESTEROL



## DIABETES

### **Pre-Diabetes:**

Blood sugar is higher than normal

### **Type 1 Diabetes:**

Body does not make enough insulin

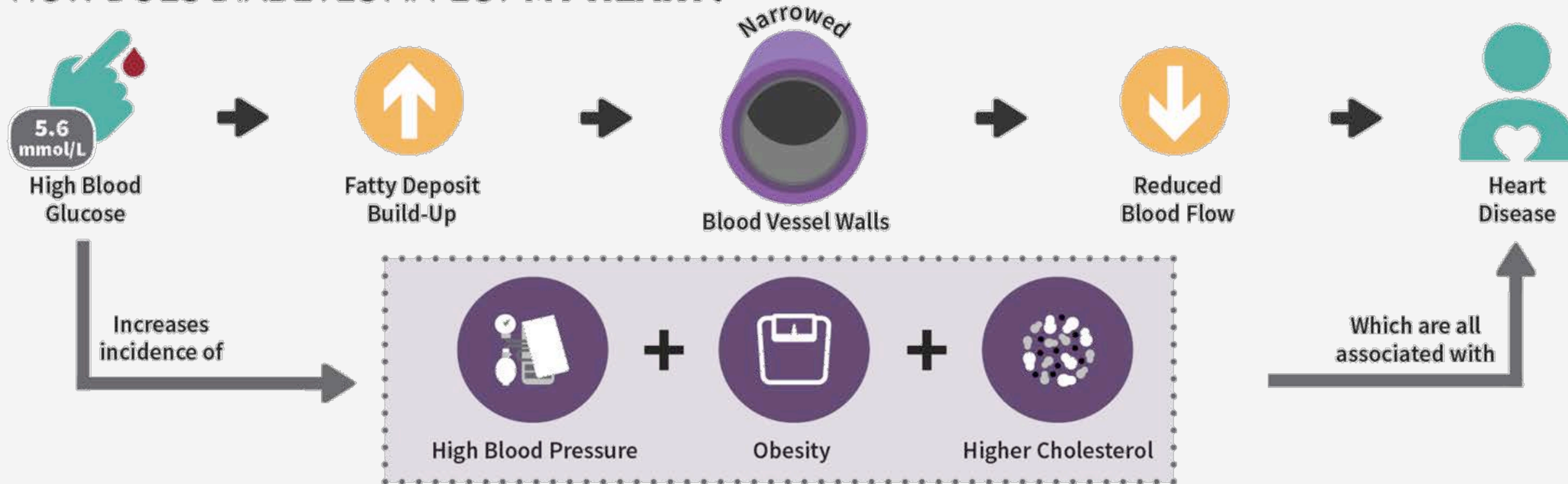
### **Type 2 Diabetes:**

Body cannot use insulin properly

### **Gestational Diabetes:**

During pregnancy, not enough insulin is being produced

## HOW DOES DIABETES AFFECT MY HEART?



# DIABETES

## WHAT CAN I DO?

### PREVENT



#### **Eat heart healthy.**

Eat more fruits, vegetables and whole grains. Aim for 7 servings a day.



Achieve and maintain a **healthy weight.**



#### **Move more, sit less.**

Choose an activity that you enjoy and that fits with your lifestyle. Aim for 30 minutes a day.



Manage your **cholesterol.**

**130**  
**80**

Aim for a **blood pressure** of 130/80 or below.



Have your healthcare provider regularly test your **blood sugar.**



If you smoke, find support to **quit.**

### MANAGE

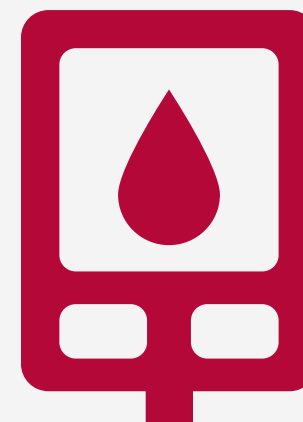


**Take your medication** as prescribed.

### MONITOR

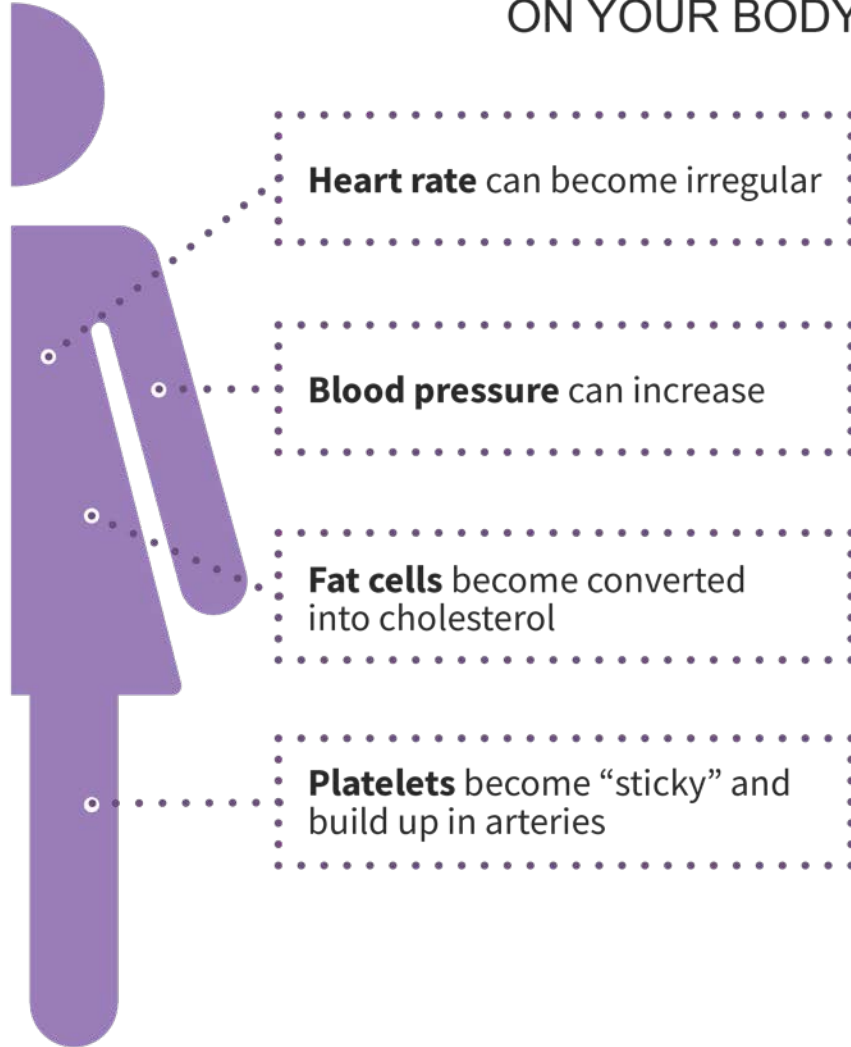


A **glucose monitor** will help you test your glucose levels. Ask your healthcare provider how to use it.



# DIABETES

## STRESS, ANXIETY AND DEPRESSION HAVE REAL PHYSICAL EFFECTS ON YOUR BODY



# PSYCHOSOCIAL FACTORS

THE WAY YOU HANDLE  
NEGATIVE EMOTIONAL  
STATES ALSO MATTER



## WHAT CAN I DO?



Move more, sit less. Aim for 30 minutes a day. (walking, bicycling, etc.).



Get outdoors.



**Reduce** your alcohol intake. Aim for less than 2 drinks per day.



Learn relaxation skills.



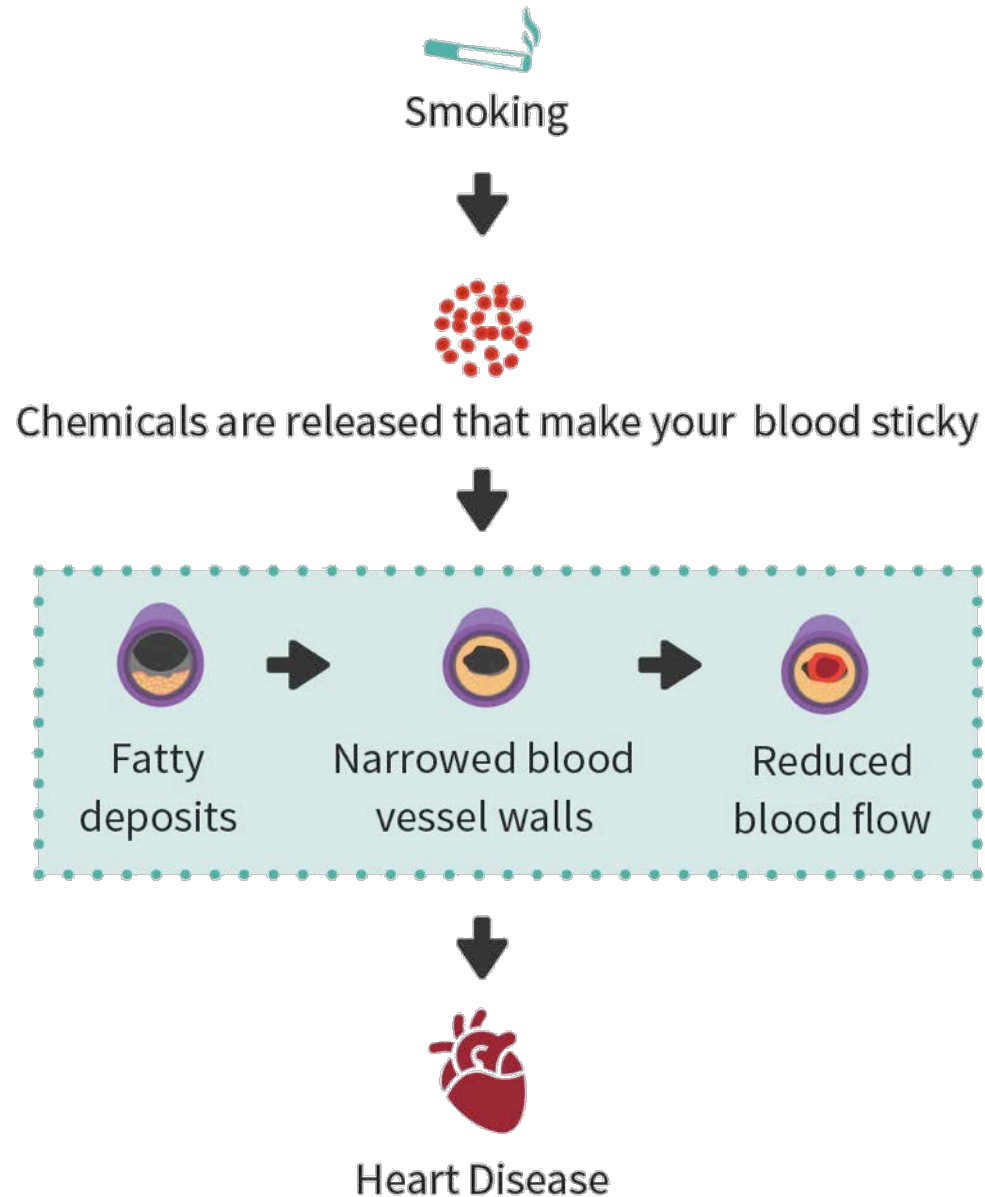
Find a positive support network.



**Take medications** as prescribed.









# PSYCHOSOCIAL FACTORS



# SMOKING

## HOW DOES SMOKING AFFECT YOUR HEART?

-  Raises your LDL ("lousy") cholesterol
-  Speeds up your heart rate
-  Makes your heart work harder
-  Lowers your HDL ("healthy") cholesterol
-  Raises your blood pressure
-  Smokers are 2-4x more likely to suffer a heart attack than non-smokers



## WHAT CAN I DO?

Quitting smoking is a complex process that requires preparation. One good high-level strategy is the **STAR** approach.



**SET** your quit date.



**TELL** family and friends and get their support.



**ANTICIPATE** challenges and setbacks so you can get back on track.

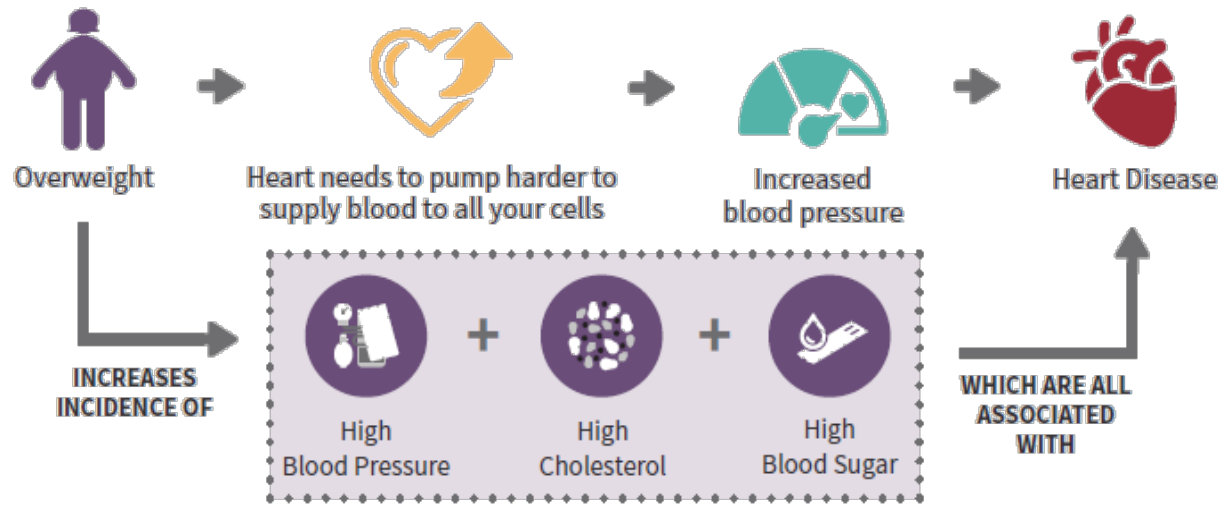


**REMOVE** tobacco products from your environment.



# SMOKING

## WHAT DOES BEING OVERWEIGHT DO?



# OVERWEIGHT

## WHAT CAN I DO?



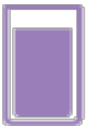
### **Move more, sit less**

This is the #1 most important thing you can do to reach and maintain a healthy weight. Choose an activity that you enjoy and that fits with your lifestyle. Aim for 30 minutes a day. (swimming, walking, stairs, etc.).



### **Eat heart healthy**

Aim for 7 servings of fruits and/or vegetables a day. Aim for less than a teaspoon (<2400 mg) of salt a day.



Aim to **lower your calorie intake** by 500 kcal/day if you are above your optimal weight. Try drinking water instead of juice or soft drink.



# OVERWEIGHT



## **UOHI RISK FACTOR MANAGEMENT SUPPORTS**

### **CardioPrevent**

12/6 month one-on-one health coaching  
and risk factor management program

### **Quit Smoking Program**

Nurse-led clinic that provides one-on-one  
support in your quit attempt

### **Heartwise Initiatives**

Exercise App

Webinar Series

**[PWC.OTTAWAHEART.CA](http://PWC.OTTAWAHEART.CA)**