HEARTWISE WEBINAR SERIES

KNOW YOUR RISK FACTORS FOR CARDIOVASCULAR DISEASE

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KNOW YOUR RISK FACTORS FOR CARDIOVASCULAR DISEASE

AWARENESS OF CVD RISK

PERSONALIZATION OF RISK

ACTIONS TO LOWER RISK

IMPROVED CARDIOVASCULAR HEALTH

“YOU CAN CHANGE DESTINY BY MODIFYING YOUR RISKS.”
KNOW YOUR RISK FACTORS FOR CARDIOVASCULAR DISEASE

RISK FACTORS
WE CANNOT CHANGE

AGE
SEX
ETHNICITY
FAMILY HISTORY
KNOW YOUR RISK FACTORS FOR CARDIOVASCULAR DISEASE

RISK FACTORS WE CAN CHANGE

- Smoking
- Diabetes
- High blood pressure
- Overweight / obesity
- Poor nutrition
- Physical inactivity
- High cholesterol
- Psychosocial factors
**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)

**KNOW WHAT YOUR BLOOD PRESSURE NUMBERS MEAN:**

- **OPTIMAL:**
  - **BELOW 120**
  - **BELOW 80**
  - also called Pre-hypertension

- **ELEVATED:**
  - **120 TO 129**
  - **80 & ABOVE**

- **HIGH:**
  - **130 & ABOVE**
  - **80 & ABOVE**
  - also called Hypertension

*BLOOD PRESSURE*
KNOW YOUR RISK FACTORS FOR CARDIOVASCULAR DISEASE

- HIGH BLOOD PRESSURE
- EXCESS DAMAGE TO THE ARTERIES
- FATTY DEPOSITS
- NARROWED BLOOD VESSEL WALLS
- REDUCED BLOOD FLOW

HEART DISEASE
KNOW YOUR RISK FACTORS FOR CARDIOVASCULAR DISEASE

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

**Atherosclerotic Plaque** (LDL accumulation)
KNOW YOUR RISK FACTORS FOR CARDIOVASCULAR DISEASE

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

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

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 **TOTAL CHOLESTEROL**
- Eat **less** foods high in cholesterol
- **Take** your cholesterol lowering medications as prescribed
- Aim for a waist circumference below 88 cm (women) or 102 cm (men)
KNOW YOUR RISK FACTORS FOR CARDIOVASCULAR DISEASE

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
KNOW YOUR RISK FACTORS FOR CARDIOVASCULAR DISEASE

HOW DOES DIABETES AFFECT MY HEART?

5.6 mmol/L
High Blood Glucose

→
Fatty Deposit Build-Up

→
Narrowed Blood Vessel Walls

→
Reduced Blood Flow

Heart Disease

Which are all associated with

Increases incidence of

High Blood Pressure + Obesity + Higher Cholesterol

DIABETES
KNOW YOUR RISK FACTORS FOR CARDIOVASCULAR DISEASE

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.

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.
KNOW YOUR RISK FACTORS FOR CARDIOVASCULAR DISEASE

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

- **Heart rate** can become irregular
- **Blood pressure** can increase
- **Fat cells** become converted into cholesterol
- **Platelets** become “sticky” and build up in arteries

PSYCHOSOCIAL FACTORS

THE WAY YOU HANDLE NEGATIVE EMOTIONAL STATES ALSO MATTER
KNOW YOUR RISK FACTORS FOR CARDIOVASCULAR DISEASE

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
KNOW YOUR RISK FACTORS FOR CARDIOVASCULAR DISEASE

SMOKING

HOW DOES SMOKING AFFECT YOUR HEART?

- Fatty deposits
- Narrowed blood vessel walls
- Reduced blood flow

- Heart Disease

- 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.
KNOW YOUR RISK FACTORS FOR CARDIOVASCULAR DISEASE

WHAT DOES BEING OVERWEIGHT DO?

- Overweight
- Heart needs to pump harder to supply blood to all your cells
- Increased blood pressure
- Heart Disease

INCREASES INCIDENCE OF

- High Blood Pressure
- High Cholesterol
- High Blood Sugar

WHICH ARE ALL ASSOCIATED WITH
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.
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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