So thanks for joining me today my name is Christy Goff and I'm a registered dietitian with Pacific Medical Center's first off Happy Valentine's Day hopefully we can give you some good information today about how to keep that crucial organ healthy in your body the heart so how to be smart for that lovely heart of ours for those of you who don't know me I work as Pacific.

The Medical Center's Living Well Alliance dietitian and the main goal is to offer Wellness programs for employees around Puget Sound so nearing R9 clinics, we also do primary and Specialty Care and have cardiologist so if you are in need of some heart check-up or just a Primary Care Checkup we have all that information at the end of the slide are learning objectives today we're.

Going to go into what is heart disease we're going to look at Keys the keys to protecting your heart and then hopefully you leave here today being able to name nutrients in foods that can either help or harm your heart so mostly focusing on blood pressure and cholesterol let's get started I want to do polling question to start off with what do you think heart disease is the.

Leading cause of death in which group is it men, women both men and women or adolescence, there's a lot of information out there around heart disease so it's kind of just wanted to start with some facts so they should be this pulling box that you can participate if you would like give you about 30 more seconds looks like most of your choosing either men couple of you on the other.

Choices actually see both men and women I think it is a huge mess that men are more affected with heart disease, we hear about it more often with men, but women are almost just as likely to have heart disease as men so we're going to go into kind of recommendations for everybody today thanks for participating in the poll so let's start with a refresher on what this important

The organ does the heart is a muscle that works like a pump to deliver oxygen and nutrients and carry away unwanted waste so these are kind of the three main factors that are heart does our heart has two sides as you can see in the diagram as separated by an inner wall called the septum and the right side of the heart pumps blood to the lungs to pick up oxygen where is the.

Left side of the heart receives the oxygen rich blood from the lungs and then pumps it throughout the body so in pictures usually the lack of oxygen or oxygen depleted areas are in blue and then the oxygen rich areas are more in red if you are to follow veins around the body veins and arteries so some fun facts for you to tell all your friends today around Valentine's Day your heart.

Is working really hard for you so it's beating about a hundred thousand times per day pumping 15 to 2000 gallons of blood around the body that's not to say you have that much blood just want to clarify, but it is pumping the same blood around your body numerous times and then if you were to take your fist and put it toward your heart that's about the size of your heart so.

Larger hand people will have a larger heart and smaller hand people have a smaller heart so that's kind of a fun way to see not very big, but it actually does a ton for our bodies right, so what is heart disease your heart does make everything run so when we have a problem with the heart and this includes all of the network of arteries veins capillaries anything that's affecting.

These organs are called heart disease so it's a little wide open with a definition, but they can include heart attack, Strokes electrical problems with the heart so that's a fib and other diseases like that, but today we'll focus on the more major once a heart attack and stroke since these are what usually people are talking about when they mention heart disease the heart attack occurs when.

Blood flow to the heart is blocked so essentially you're starving your heart and your body of oxygen because it's a muscle it starts to die as well if it doesn't get oxygen, so the most common reason for heart attacks is that something blocking the flow of blood to or from the heart and these blocks are usually caused by a plaque on which is a mixture of cholesterol inflammation are.

White blood cells that kind of build up over time and reduce the surface area that the blood can get through for the artery the signs of heart attack include tightness or pain in the chest, neck back or arm so it's not always a pain in the heart as we once thought and it seems that women have more of these abnormal symptoms in men so more of that achy pain lightheadedness.

Confusion if you did want a refresher on these I put a link below about how to tell about symptoms of heart attacks and symptoms of stroke, stroke is basically a heart attack in the brain, it's a blockage or a vessel bursting in that area of the body which is why they're sick streamly dangerous because of this and people usually have more dramatic symptoms because it is

Affecting our brain passageways usually people have trouble walking, talking paralysis of certain areas specially of the face and then numbness of various extremities like the legs are more the face now there's not much time between causing permanent damage from a stroke so you're always told to look out for signs and symptoms and then get help immediately and that will save.

That person potentially brain-dead type of symptoms, so check out that website you'll get the PowerPoint in your follow-up email today as well, so there are several risk factors for heart disease these include the list you'll see so smoking, high blood pressure high cholesterol overweight or obesity, low physical activity and then of course we have genetics right if you.

Again have a question about one of the risk factors this is where your doctor can be a really good asset for you to see what part of your risk factors may be a better, more contributing to heart disease and others there are some heart scores that you can do to calculate your wrist based on your risk factors and there's two that I'm going to send you in the follow-up email but a

A lot of times your primary care doctor is going over these as well with you smoking I will say is one of the more prominent changes that you can do to help your heart so when you take off smoking from the Sayre risk calculator form it drop significantly in percentage of your having a heart-related outcome so I will say that that's one of the more prominent ones it typically is good.

To focus on if you didn't know where to start so many of these are manageable, which is why you're here today and listening to me so we'll go over like a mention high blood pressure and high blood cholesterol since these are definitely contributing heart risk and they can be accumulated slowly over time to get worse and worse so we do want to start managing these.

Right away with exercise, nutrition and we'll see some other helpful tinsel tips along the way so let's just Define high blood pressure and then go into some of the treatments so high blood pressure is when the force of blood flowing through your blood vessels gets too high so basically we have an optimal pressure that slowing in all of our vessels and when it gets into a.

Certain point I can start causing damage, so about 85 million Americans so that's one in every three adults over age 20 have high blood pressure, it's common right and there can be varying degrees of how dangerous that high blood pressure can be but typically it's not one reading it's over a long. Of time having really high blood pressure and it's hard because it's silent you can't.

Necessarily feel when you have high blood pressure all the time the lot of people are walking around with not knowing that they have high blood pressure or not even thinking about treating it so they predict one in six people don't even know they have high blood pressure so if you get anything out of this presentation is knowing what your blood pressure is normally around so that.

You can track if things go too high or too low for example, so what should your numbers be right, there's numbers at the doctor tosses out every once in a while, so I'm going to open up another pulling what do you think the ideal blood pressure is it a 60 or 40 be 120 over 80 c-140 over 85 or d160 over a hundred what do you think that nice of ranges and we'll go over what those.

Two numbers are in a second so the top number is called your systolic pressure this is the pressure of blood or movement of things into the heart that's going to be always the highest number and then the bottom number is called your diastolic pressure and this is the pressure within the heart so kind of in between those two bets if you are to gauge the blood flowing into.

The heart and then staying there for two beats and an existing so it will always be a little bit lower all right, we had a lot of smart people on this call so it is 120 over 80 is our preferred blood pressure and really anything under 140 over 90 is considered okay or safe there's a couple of different ranges throughout that but once you hit the 144 of your diet for your systolic and 94.

Your diastolic that's when we start doing a little bit more intervention and intense intervention that could be medically or putting you on a nutrition program or exercise program so what are the treatments, then there's four main treatments for high blood pressure and you'll see really similar treatments for cholesterol so take note nutrition definitely you can do a lot with what.

We're eating to help our blood pressure exercise extremely important for maintaining the Integrity of our blood vessels when we have high blood pressure it tends to make our blood vessels really stiff, so when we exercise it actually maintains the flexibility that are blood vessels inherently have Stress Management that's huge a lot of people have high blood pressure due to.

A stressful situation or work so if we can get that under control a lot of times that benefits your health of your heart and then the last one is medication so medication I know is usually people's Last Resort but this is a quick way to get a really high blood pressure under control so you may have to do it initially at once and then once you get your nutrition exercise and Stress.

Management under control some people can come off those medications over a little bit longer of a. Of time there's also more information at the link below so cards. Gov has a little bit more on blood pressure facts and if you're curious about a specific thing about your own body you can potentially find it there or email me so then we have the other factor and you'll note that I'm.

Waiting to go over nutrition and exercise until we go over cholesterol because they do have similar treatments so what is cholesterol is a waxy substance that's found in the body and it's made Bulls in our bodies and then we can also get it from the animal foods that we eat it is natural to be in there it's not the devil it's a hormone precursor that comes with many.

That comes in as many different forms, but you might have heard about two more prevalent ones you can see the diagram down there we have HDL and LDL these are high Lipo high-density lipoproteins and low density lipoproteins, HDL is the good cholesterol or the healthy cholesterol we want the this number higher in the body because it helps remove cholesterol from the.

Arteries back into the liver or back through the car waste system so you can see that HDL guy is picking up the cholesterol and then bringing it back to the liver LDL, however we want to lower or we want a low amount because this type is bringing in the cholesterol into Our arteries in their veins so it's kind of the dumpster truck so we look at both numbers when we look at a.

Cholesterol panel, but typically we want a nice balance of the two and then the problem with cholesterol is a lot of people make too much or they're eating too much cholesterol and it starts to build up in the form of plaque in our bodies so plaque like I mentioned is a mixture of a bunch of different substances in the body and it creates a very sticky substance that sticks to our walls.

Acts kind of like a Band-Aid for looking at any bruises or straight there any damage that that blood vessel has done trying to Band-Aid it, but eventually it will build up over time and you can see that narrowing of the artery in the photo so here's our numbers that we want to look for so total cholesterol is just a mixture of LDL HDL and triglycerides and then within that they break it.

Out to actually show you those numbers so typically LDL should be below a hundred HDL above 50 for women above 40 and then and then triglycerides are more of these free form bodies off ring around the body and they can be indicated of heart disease as well, so we want those under 150 again lots of links for you to look at around cholesterol because I know a lot of people have.

Various questions about what their numbers mean and what does that mean for their risk for heart disease I recommend getting these numbers tested yearly because you can notice any Trends or any differences throughout your your year so it's good to get them every year if you don't already so now we're going to jump into the food part of the nutrition part so by being a.

Little bit more nutrition Savvy we can choose foods that are more anti-inflammatory this is going to lower the plaque amounts in our vessels, it will also help with lowering blood pressure and lowering cholesterol the same time, so not only do we want to focus on nutrition but again will add an exercise and Stress Management a little bit later on by now you've probably heard that.

You should eat vegetables right, so there are positive outcomes for people that are eating more fresh fruits and vegetables or even Frozen people tend to live longer they have a lower risk of heart disease, especially in other cultures that don't have a lot of processed food that are eating high amounts of Fresh Products like the Mediterranean diet so I always like to tell people to eat.

The rainbow so you see this nice variety of colors over there many colors are being critical nutrients are phytochemicals that actually help repair some of the damage that we might have had in our blood vessels we all get some damage at some point, even if we have the perfect diet so these are kind of our fixer uppers for the body for example we focus on the color red for.

Valentine's Day but the color red is also rich in a compound called lycopene that helps actually regulate our blood pressure so red things are good for the heart I love that they kind of matchup right like that right other red foods are watermelon Tomatoes else is on their those are all going to be really helpful and beat sorry are going to be really helpful for regulating that blood.

Pressure all the other ones have similar compounds in them so are red and orange foods are usually typically high in potassium to balance out some of the negative effects of blood pressure and are blue and purples are full of antioxidants again kind of repairing the Damage Done so here's just some other Foods in the color scheme I wanted to touch on a few of these and.

Chocolate of course, it's maybe you'll be you'll / taken some chocolate today, but essentially all these are going to provide some good sources of various nutrients that really help with blood pressure 3 specifically, I wanted to point out is potassium, so this is just one nutrient but they have done a lot of studies with potassium and it seems as though an increase in potassium.

Along with a decrease in sodium is a most important dietary change that a person can make to reduce the risk for cardiovascular disease so large big statement there right so potassium foods again as long as you don't have any kidney damage or kidney disorders lots of potassium is going to be really important for the heart and almost all of these categories of food are going to.

Have that which is great beans are on their star in the last one they're going to be really good for fiber so the more research is done with fiber and cholesterol, but they're starting to see that good amount of fiber in your diet are also good for lowering blood pressure so then we'll get to that chocolate over there right so this is a study made with dark chocolate so more of the cacao.

Bean and less of the sugar, but they found that small amounts about 1 Oz at two to three times a week contain can help boost our serotonin or feel good hormones and also beneficial for are antioxidants so again kind of hearing some of the damage that has been done in our baffles overtime so pretty cool right you can eat your dark chocolate today or even better do some.

Cocoa powder the onset and kind and make your own dessert out of that so just to summarize, there are some different nutrients that we wanted to highlight today and one of the diets that does that very well is called the DASH diet so we won't go into a ton today but I do have some resources at all I'll share within your follow-up email as well as the website below.

But the DASH diet is promoting a healthy diet and its drive to have a high amounts of calcium, magnesium and then potassium, so these are the three that seem to be the most important for a balancing or blood pressure and then also again helping just have adequate levels of all of these so here's some food sources of all of them and I just want to point out look how much.

More potassium we need, for example a day than we do magnesium so just a little bit similar mechanisms there so in addition to all of our rainbow color Foods we want to incorporate fiber as an interval part of our diet for managing both high blood pressure and then also high cholesterol so we have a range of fiber recommendations for different people but generally we.

Want to see between 20 and 40 G per day most people are not getting this amount so we do have to work as a collective to get this amount of fiber in our diet, it can be challenging for some of us so what is fiber, fiber the plant food that comes from an a carbohydrate it's not digestible so think the skins of fruits vegetables nuts seeds and whole grains and even though we're not.

Digesting it, it's really important for a bacterium to Feast on so we can have a healthy gut my microbial we also find that fiber binds to cholesterol that we eat and kind of brings it out of the body or absorbed out of the body so we're not having that cholesterol have an impact on our numbers, there's another thing that fiber can do for us for cholesterol and that's because of it is.

Feeding all of those nice bacteria, it's creating a short chain fatty acids, which help our liver produce less cholesterol, so pretty cool, right like a natural medication in a way that's what a lot of medications are doing is targeting the liver's production of cholesterol, so fiber is really important to try to aim for that 20 to 40 grams a day females need about 20 to 25 males need a

Little bit more about 32 to 40 so you can start calculating your favor and just see where you're at and see if you can add a couple more grams per day everyday think of beans, popcorn fruits and vegetables oatmeal as a great one for the morning and then there's also a lot of fortified products now with fiber that still help with that cholesterol and blood pressure but maybe not as.

Powerful as like the whole food so some other foods that we want to mention real quick so we got fiber we want unsaturated healthy fats so the more healthy fats we have in our diet the better our cholesterol number seem to be so it's no longer eat less fat in general it's eat less saturated fat so these are fats that are contained animal products dairy products and we just want.

To limit these we can have some, but we just want to limit these so they're about less than 7% of our calories a day for most people, that's about 20 grams or less and then we also want to limit added sugar, so added sugar is anything that has sugar put into it during the processing so thanks cereal vs. apple is natural sugar cereal has added sugar most likely and added sugar we.

We now can create higher cholesterol levels in the body, especially that triglycerides so that free-floating fatty acid, so they have some recommendations now so 6 to 9 teaspoons is about 24 to 36 teaspoons of sugar a day or that's about let's see if we can do it in sugar packets to so about six to nine sugar packets would equal about the same so not much right so you can start.

Again tracking the fiber amount checking added sugar in apps and I like myfitnesspal.com for that and it can just give you like even if you do it for one day just to give you a base of what you're doing and then work from there and especially if you have a dietitian that you could work with so this is just a nice summary diagram of all the different fats out there so when we say eat more.

Unsaturated fats I'm promoting the monounsaturated, so the olive oil, canola oil, peanut Sesame avocado and then most nuts and all of these seem to have puzzle fundraising read also that good cholesterol, which we want aware as are polyunsaturated will help lower the LDL but they're not going to touch anything related to the weight okay I got one more trivia for you guys there's so.

Much you could say about her health so I hope you guys are staying with me, you'll have lots of resources in your follow-up email as well okay, so this one's about salt, so we can't talk about one of the highest sodium filled Foods actually bread which is amazing right because we don't eat bread and think we were so salty right so salt was very limited in our evolutionary body's radar.

Hunter-gatherer ourselves so we have an inclination to crave salt and now that we have so much salt available we end up having a little bit more problems with craving so it looks like we're tied between C and D so let's see about see and I would argue that some probably are at the D mark right so we eat about 30 300 mg of sodium a day and we want to get to about 20 so on the.

A label I like to point out where the sodium is it's the arrow on the below 1 and neither does the difference between frozen peas and canned peas and if you look at the sodium look at the difference is about 10 more percent of our daily value of sodium in the canned peas then are frozen peas so most of the time I always recommend rinsing anything that you get out of a can.

Of specially if it's full of Saul or just looking at the coin before buying it A good rule of thumb is anything above 20% of your daily value, especially if you're even eating more than one serving try to avoid or at least cut with a lot of potassium in vegetables of good serving or like an adequate serving of sodium is around 5% and then a higher or kind of encroaching on that high.

Is between 15 and 20% so just to give you a ballpark since I know the milligrams is really hard to keep track of throughout the day so I'm going to leave you with some recipe inspiration since a lot of this get just as getting back to what can I make to actually have things taste good to have fruits and vegetables and that are quick and easy to do so my new favorite thing is making.

Variations of egg salad and without always using mayonnaise you can use yogurt I'll send a recipe in the follow-up email again and then different topics. It's nice and colorful we eat with her eyes so you'll notice that all these photos have a lot of color in them, I love stuffed peppers are really easy to put leftovers in beans or meat and then throw it in the oven and forget about it.

Kind of and we got some other ideas over here so if you want to work with just getting some more healthy fats to your meals you can add them to things like salads or oatmeal having oatmeal for breakfast is a really good source of fiber and there's a special ingredient in oatmeal that actually helps lower cholesterol even more is called beta gluten so it's really nice that you.

Get fiber, but you also get this additional benefit fish has omega-3 fatty acids those are on or unsaturated side and they're really helpful for lowering some of the inflammation in our vessels in our brain so these are very healthy for heart health and brain health the last but not least or exercise I put a couple recommendations in your follow-up email around exercise but typically.

We want to aim for about 30 minutes a day for five days a week if you can get that that's good and exercise includes anything that get your heart rate up so it doesn't have to be going to the gym right, it can be doing chores around the house, walking a dog doing jumping jacks when you have a snow day so is everything that get your heart rate up is considered good exercise taking.

Medications I know they're really annoying to have to take a medication all the time, but they have a huge impact on blood pressure and especially taking them regularly can help kind of maintain a nice even numbers with your blood pressure and also with cholesterol alcohol seems to have effects on our blood pressure by raising it and then also we can see that sometimes this.

In teeth are cholesterol too, since they're both done in the liver area so we need a healthy liver to have healthy cholesterol and then I always recommend visiting your doctor annually for all of your testings and they can do some of those checks on heart health so it's not just what we're eating what your numbers are or what your exercises like it's about your whole body and yours.

The whole picture so that's where you can really get some more information if you have someone take a more holistic look at everything that you're doing in your life to really assess some of the heart risk that you might have so I hope this gives you a good start to heart health these are the little wrist calculators again you'll get lots of follow-up information in your email after this but if.

You did have any specific questions about anything we talked about today feel free to reach out by email and I can take a couple questions on the chat bar if you would like to stay on for a few more minutes’.