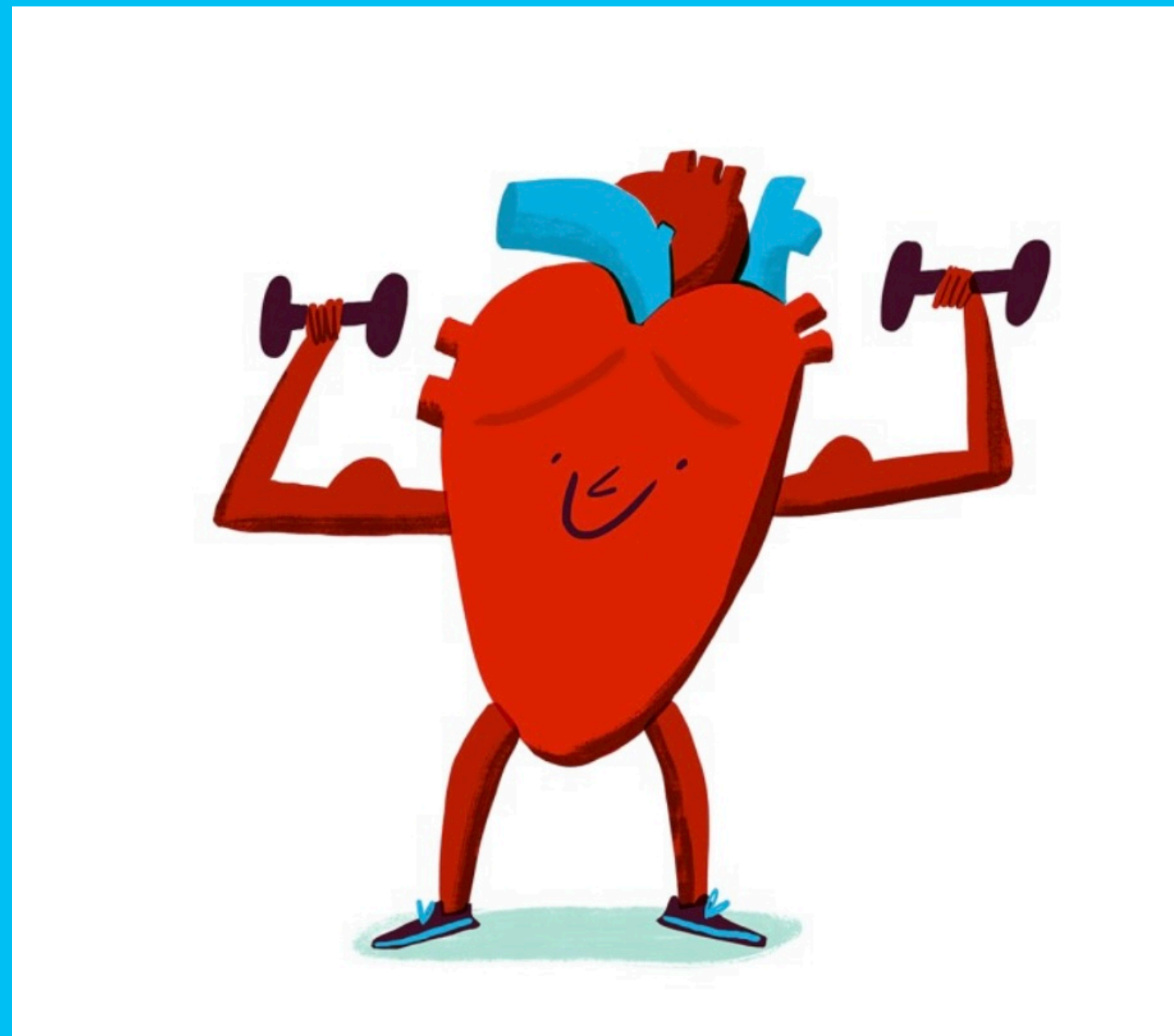


ELEANOR MARRIOTT - DIABETIC NUTRITION AND HEALTH

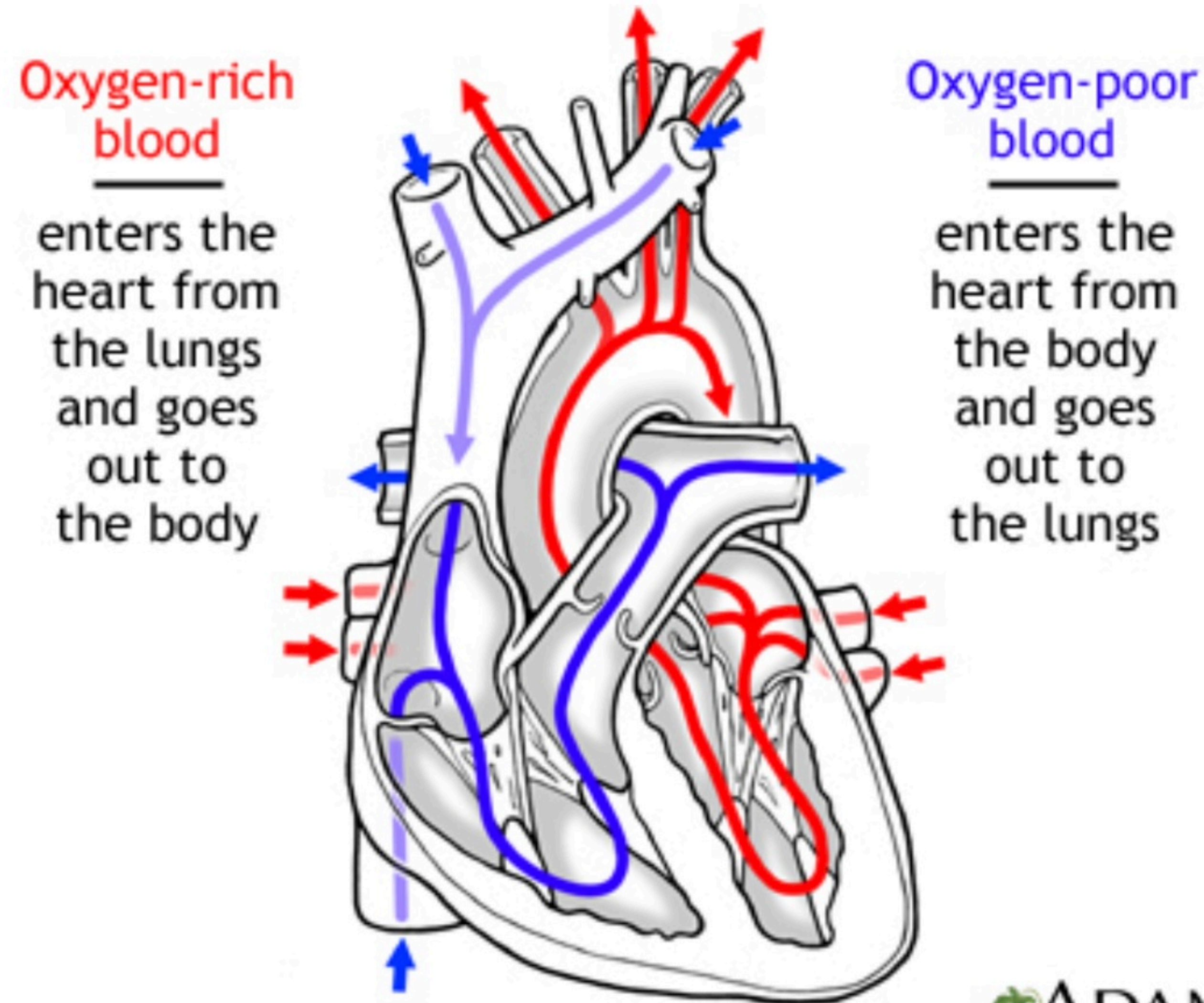
# WHAT IS A HEALTHY HEART?



# THE HARDEST WORKING MUSCLE IN THE HUMAN BODY

- The human heart is located almost in the centre of the chest
- The adult heart is about the size of a fist
- It beats at an average rate of 80 beats per minute (BPM)
- Which is equal to around 115,000 times in one day or 42 million times in just one year!!
- Generally the lower amount of times it beats per minute means the healthier you are, as long as it isn't too low.
- Resting heart rate of someone with a sedentary lifestyle can be around 80-100 BPM, where as someone leading an active lifestyle is normally around 60-70 BPM, with athletes sometimes having a resting heart rate of 50-60 BPM.
- Our hearts are always working hard even when at rest, which is why it is so important to look after them.

# Circulation of blood through the heart





# WHAT CAN GO WRONG - CORONARY HEART DISEASE

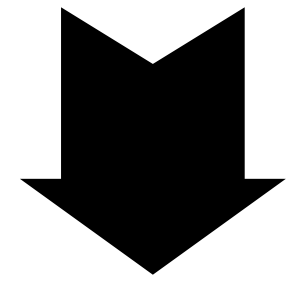
- CHD sounds scary....and well it is
- CHD is the main cause of death in the UK, with one person dying from it every 8 minutes! This is around 26% of all deaths, and 42,000 people die prematurely (before age 75) as a result.
- CHD costs the NHS around £7 billion per year
- It is caused by one or more of the blood vessels to the heart becoming narrowed. This reduces blood flow to the heart
- If one of the blood vessels becomes completely blocked, the blood supply to that part of the heart stops, called a heart attack.
- If the blood supply to a large part of the heart is stopped, this will result in death.
- Similarly, if a blood clot breaks off one of these blood vessels and travels round the body it can get stuck in the brain, this can potentially cause a stroke.
- Stroke is not itself a heart problem but can result from the same narrowing and blocking of blood vessels



British Heart  
Foundation

# RISK FACTORS OF HEART DISEASE INCLUDE:

- Gender, Age, Family history
- Smoking, Diet, Weight, Stress, Inactivity



- High blood cholesterol, High blood pressure, High intake of saturated fats, Diabetes
- The second category of risk factors are known as modifiable - meaning they can be changed.
- 90% of CHD is preventable, and the onus is on every one us to make small every day changes to enable this.

**“PREVENTION IS BETTER THAN CURE AND IT  
ALL DEPENDS ON US WHICH ONE WE WANT  
TO CHOOSE.”**

# DIET

- A balanced, healthy diet is one of the main ways to reduce the risk of developing CHD
- A low fat, high fibre diet, including 5 or more portions of fresh fruit and vegetables
- Salt should be limited to around 6g a day which is around a teaspoonful.
- We should also be aware and reduce consumption of foods high in saturated fats, which includes: Sausages and fatty meat, meat pies, butter, cheese, cakes and biscuits.
- However a balanced diet should still include unsaturated fats which are beneficial, such as: oily fish, avocados, nuts and seeds, olive and vegetable oils
- Too much sugar should also be avoided, as this can increase the chance of developing diabetes, which in turn can increase CHD.



# WHAT'S A PORTION?

ONE MEDIUM  
FRUIT or VEGETABLE



TWO+ SMALL FRUITS  
or VEG



A PIECE of a BIG  
FRUIT



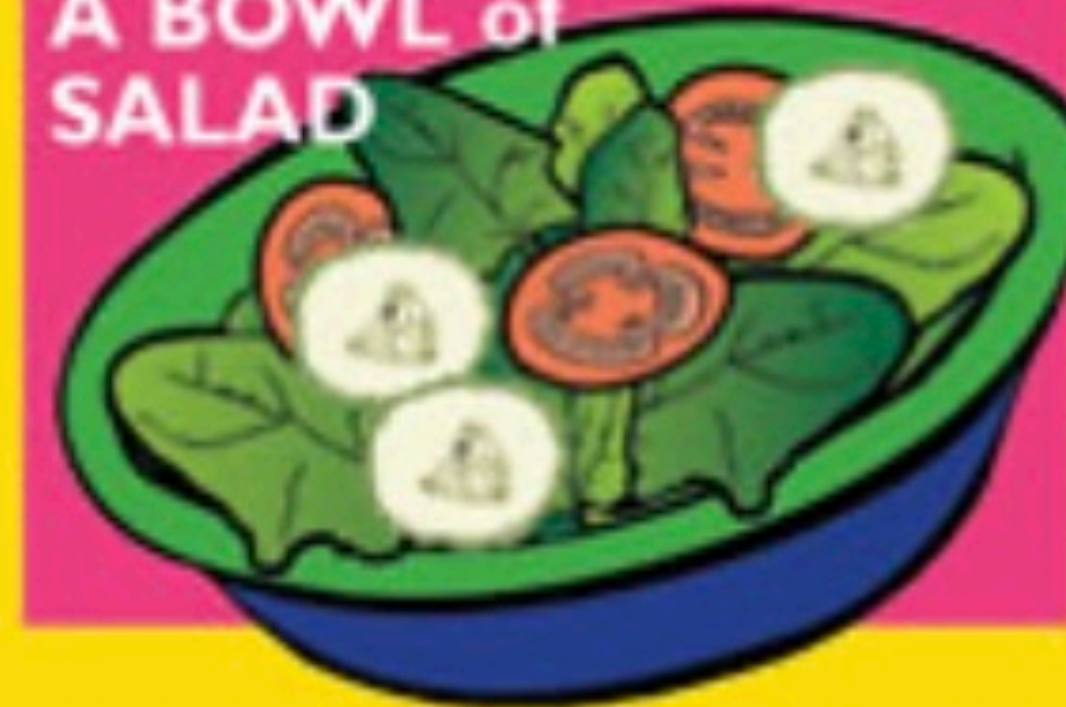
3 BIG TABLESPOONS  
of FRUIT or VEG  
cooked, canned, frozen



A GLASS of  
FRUIT or VEG  
JUICE



A BOWL of  
SALAD



## EAT 5 OR MORE PORTIONS EVERY DAY!



# HEALTHY DOESN'T HAVE TO BE BORING





# EXERCISE

- Regular exercise will make your heart and blood circulatory system more efficient, lower your cholesterol level, and also keep your blood pressure at a healthy level.
- All of these in turn reduce your risk of having a heart attack. The heart is a muscle and, like any other, will benefit from exercise. A stronger heart can pump more blood around your body with less effort. Exercise also reduces blood pressure and improves blood sugar levels.
- Any aerobic exercise such as walking, swimming, dancing, makes your heart work harder and keeps it healthy.
- Even small increases in daily activity helps: a study found that every hour of brisk walking or cycling led to a 9% lower risk of heart attack, and a 5% lower risk of stroke.
- If exercise were a pill, we would probably all be prescribed it.

**YOGA**

**DANCE CLASSES**

**CYCLING**

**SWIMMING**

**WALKING**

**TENNIS**

**HOUSEWORK**

**GARDENING**



# SMOKING

- Smoking is very bad for the heart. If you smoke, giving up will reduce your risk of getting CHD
- Smoking is a major risk factor in developing atherosclerosis (furring of the arteries) as it makes them sticky, meaning fatty material is more likely to stick to the walls. It also causes the majority of cases of coronary thrombosis in people under the age of 50.
- It's never too late to benefit from stopping smoking, stopping even after the age of 60 will add three years to your life. People are much more likely to quit with support - friends family or NHS stop smoking services.



At least  
**15,000**  
UK heart and  
circulatory disease  
deaths are attributed  
to smoking each year

# ALCOHOL

- Alcohol is a part of peoples' lives and can be hard to avoid. We Brits love a good drink!
- It's important to stay within the guidelines of no more than 14 units per week.
- That's because drinking above that amount on a regular basis can damage the heart muscle, lead to abnormal heart rhythms, raise blood pressure, and lead to weight gain.
- It is also advisable to have a few days a week without alcohol, even when sticking within the unit guidelines.
- In better news, there is a popular belief that a small amount of alcohol is actually good for your heart, especially red wine.
- There is evidence that a moderate amount can cause a slight reduction in heart disease risk, and red wine does contain antioxidants. But this generally isn't a reason to drink more - there are healthier ways to protect your heart!

# Alcohol unit reference

One unit of alcohol



Half pint of "regular" beer, lager or cider



Half a small glass of wine



1 single measure of spirits



1 small glass of sherry



1 single measure of aperitifs

Drinks more than a single unit



Pint of "regular" beer, lager or cider



Pint of "strong" or "premium" beer, lager or cider



Alcopop or a 275ml bottle of regular lager



440ml can of "regular" lager or cider



440ml can of "super strength" lager



250ml glass of wine (12%)



75cl Bottle of wine (12%)



# OTHER CONDITIONS

- It is important to keep other conditions under control - as these can directly affect your heart.
- Blood pressure should ideally be below 140/90mmHG. If it is above this make sure your GP is aware.
- Diabetes is also a risk factor for CHD. Managing this well with diet/medication and being physically active will help control blood sugar level.
- Getting your HbA1c, cholesterol and blood pressure checked at least once a year are part of the checks you should ensure you have.
- Ensure you take any medicine prescribed to you.
- If you have CHD you may be prescribed medicine to help relieve your symptoms and stop further problems developing.
- It is vital you take it, and follow the correct dosage. Speak to a medical professional before any changes are made.



# THANKS FOR LISTENING - QUESTIONS?

