



P.H.A.S.E.

Preventing Heart Attacks and Strokes Everyday

Clinical Health Education

Prevention

“Heart disease and stroke are the leading causes of death in the United States. Although most cardiovascular disease is preventable, proven prevention approaches are not being adequately applied in clinical practice.”

-Elias Zerhouni, MD, Director, National Institutes of Health

What do you know about
preventing heart disease and stroke?

What are you doing now to
prevent them?

Atherosclerosis

Normal Healthy Artery

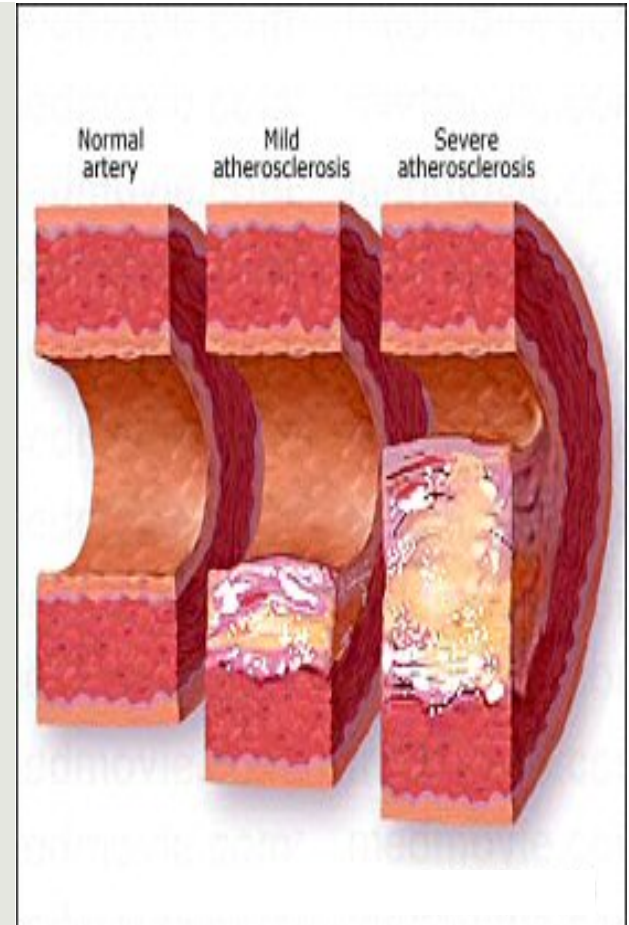
- No plaque or inflammation, appropriate blood and oxygen flow to heart, brain and entire body

Unhealthy Artery

- Plaque builds and inflammation is your body's response to this abnormal plaque

Over time

- Inflammation leads to more plaque build-up, damages the artery and is linked to many chronic conditions
- Plaque may block blood flow or crack resulting in blood clot formation



Atherosclerosis Increases Your Risk

- Amputations
- Blindness
- Erectile dysfunction
- Heart attack
- High blood pressure
- Kidney disease
- Peripheral vascular disease (PVD)
- Reduced blood and oxygen flow
- Stroke

Cholesterol

Know your ABCs

Total Cholesterol	200 or less
Triglycerides	150 or less
HDL	45 or higher * (if you have high risk factors) 40 or higher (men) 50 or higher (women)
LDL	129 or less 99 or less (diabetes, AAA, CAD, CKD, PVD, CVA/TIA) Less than 70 * (if you have high risk factors)

* High risk factors for heart disease include history of heart attack, stroke or bypass surgery. Talk to your doctor about your cholesterol levels.

High Blood Pressure

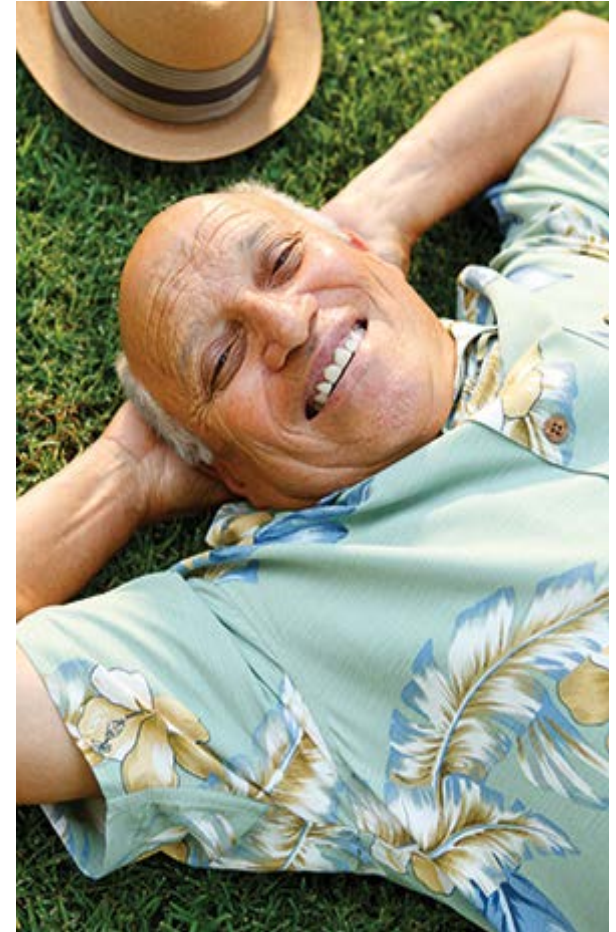
“The Silent Killer”

Nearly 1 in 3 Americans

- What are the risks of having high blood pressure?
 - Stroke, heart attack, congestive heart failure, kidney disease
- How can high blood pressure be controlled?

Home Monitoring

- Rest for 10 minutes
 - Good posture, back support
 - Feet flat on the floor, uncrossed
- Check cuff size
 - Place cuff on bare arm, 1" above elbow crease
 - Center cuff tubing on the inside of arm
 - Secure cuff but not too tight
 - Support arm at heart level, palm up
- Refrain from talking or moving & *relax*
 - Write down the systolic (top), diastolic (bottom) numbers & pulse

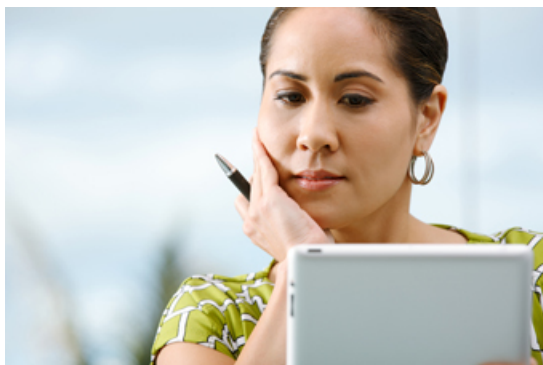


How do you want to prevent heart attack or stroke?

- Manage stress
- Sleep well
- Focus on whole, unprocessed plant foods
- Enjoy regular physical activity
- Achieve and maintain a healthy weight
- Quit tobacco
- Take medications as prescribed

How can we manage stress?

The body does not know the difference between an actual threat or perceived threat



Mind

Notice your attitude and thoughts more often.



Body

Sleep well, exercise, and nourish yourself.



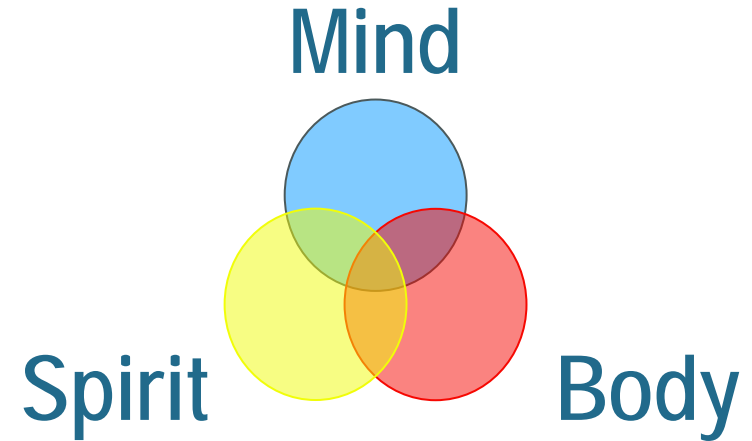
Spirit

Engage in healthy pleasures.

Sleep

Nighttime sleep is shaped by how we live each day

- Talk to your physician
- Create healthy daytime habits
- Relax the brain and body regularly
- Avoid sleep disruptors/stimulants
- Set the bedroom environment
- Prepare for sleep (bedtime routine)



“Improving Your Sleep” class can help!

What is included in a disease promoting diet?

Processed Foods

- Limit added fats, sodium and sugars
- “If it was made in a plant, don’t eat it. If it comes from a plant, eat it.”
Michael Pollan, author *Food Rules*



What is included in a health promoting diet?

www.ForksOverKnives.com

(click link to watch 2 minute film trailer)



Foundational Foods to Promote Health

Mediterranean, DASH and Vegetarian Diets emphasize high fiber:

- Whole Grains
- Vegetables
- Fruits
- Beans
- Peas
- Lentils
- Nuts
- Seeds



- While avoiding meat entirely is not for everyone, eating a diet with few or no animal products and lots of plant foods has long been associated with lower rates of disease.

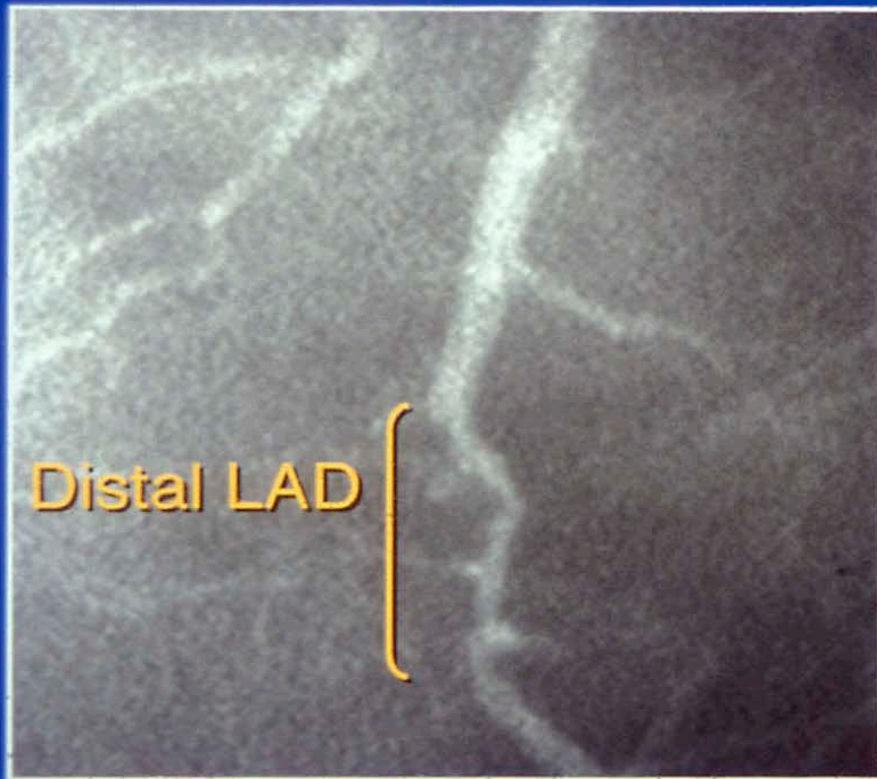
Benefits of Plant-Based Eating

See *Food for Thought* tip sheet

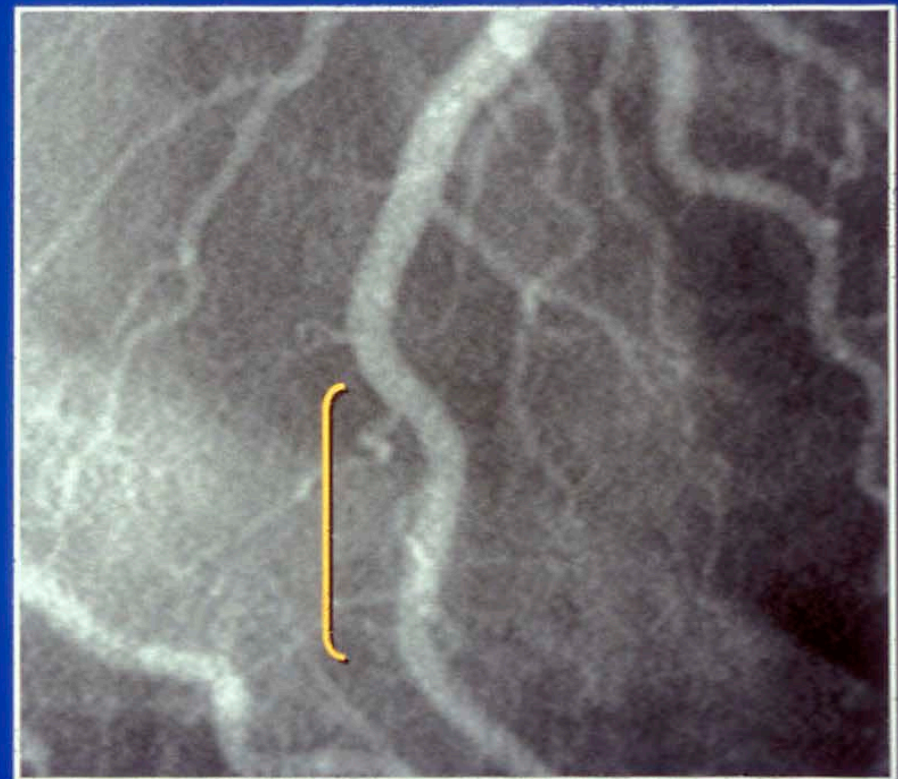
- Lower risk of death from ischemic heart disease and stroke
- Lower LDL “bad” cholesterol levels
- Lower rates of hypertension
- Lower risk of type 2 diabetes
- Lower body mass index (BMI)
- Lower overall cancer rates
- Lower risk of heart failure
- 73 percent decrease in coronary events, like a heart attack
- 70 percent decrease in the risk of dying from a coronary event

Reversing Heart Disease

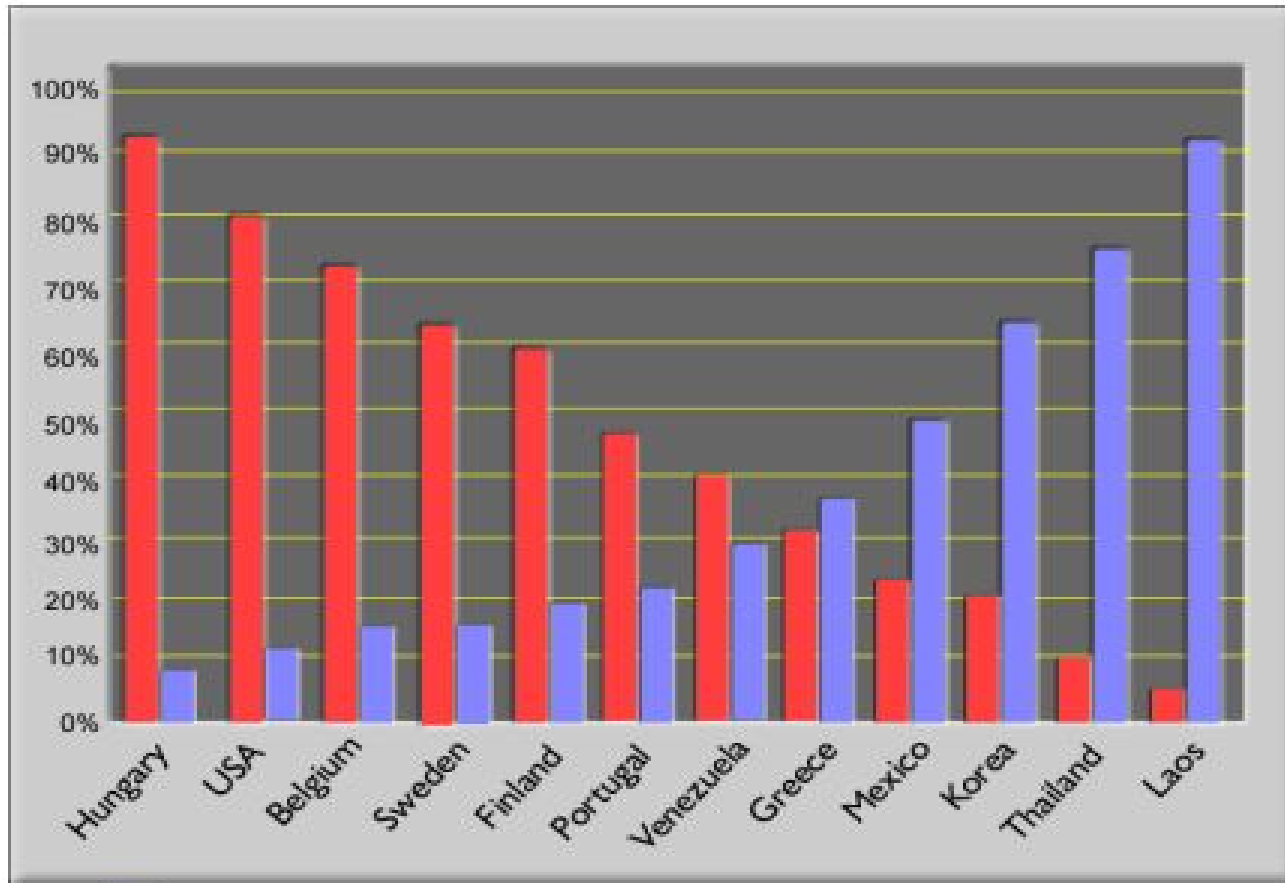
November 27, 1996



July 22, 1999



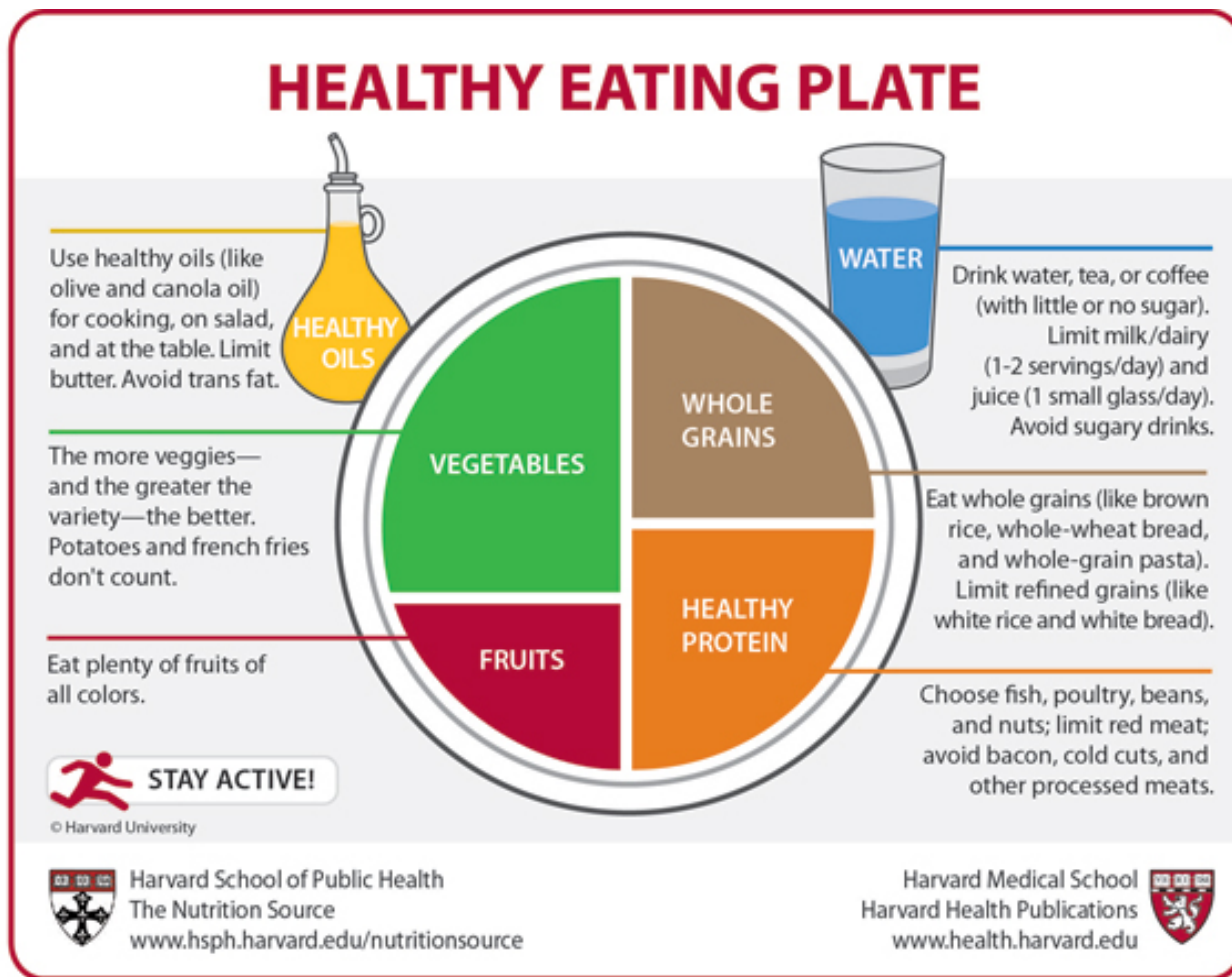
Unrefined Plant Food Consumption vs. the Killer Diseases



- Percentage of calories from whole, plant foods
- Percentage of deaths from heart disease and cancers

From the National Institutes of Health (NIH) and the World Health Organization (WHO), 1999

Healthy Eating Plate Method



Plant-Based Options

Choose plant-based milk instead of cow's milk

- soy, almond, rice, oat

Choose plant-based protein at meals instead of animal proteins

- beans, peas, lentils
- nuts, seeds, nut butters
- tofu and soy foods

Discuss individual dietary needs with your provider or registered dietitian

Read Food Labels

- Start with Serving Size
- Low Fat (3g or less per serving)
- Low Sodium (2300mg or less daily)
- Fiber: 3 grams or more per serving, add slowly over 2-3 weeks
- Drink 6-8 cups of fluids per day to keep things moving (unless otherwise indicated)
- Buy whole, cracked or rolled grains
- Buy whole foods (single ingredient) or minimally processed foods (few ingredients)

Nutrition Facts

Serving Size 1 bar (40g)
Servings Per Container 5

Amount Per Serving	
Calories	140
Calories from Fat	35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	9%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 29g	10%
Dietary Fiber 9g	35%
Sugars 10g	
Protein 2g	

Vitamin A 2% ● Vitamin C 0%
Calcium 10% ● Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: CHICORY ROOT EXTRACT, CHOCOLATE CHIPS WITH CONFECTIONERS SHELLAC (CHOCOLATE CHIPS [SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, DEXTROSE, MILK FAT, SOY LECITHIN], ETHANOL, SHELLAC, HYDROGENATED COCONUT OIL), ROLLED OATS, CRISP RICE (RICE FLOUR, SUGAR, MALT, SALT), BARLEY FLAKES, HIGH MALTOSE CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, SUGAR, CANOLA OIL, HONEY, GLYCERIN, MALTODEXTRIN, PALM KERNEL OIL, TRICALCIUM PHOSPHATE, SOY LECITHIN, SALT, NONFAT MILK, PEANUT OIL, COCOA PROCESSED WITH ALKALI, NATURAL FLAVOR, BAKING SODA, COLOR ADDED, ALMOND FLOUR, PEANUT FLOUR, SUNFLOWER MEAL, WHEAT FLOUR, MIXED TOCOPHEROLS ADDED TO RETAIN FRESHNESS. CONTAINS SOY, MILK, ALMOND, PEANUT, SUNFLOWER AND WHEAT INGREDIENTS.

What are the benefits of regular exercise?

- Raises HDL, reduces LDL and triglycerides
- Helps lose or maintain weight
- Lowers blood pressure, blood sugar
- Strengthens heart, lungs, bones
- Improves flexibility, balance, posture
- Raises metabolism and energy level
- Improves memory and brain function
- Tones muscles
- Boosts self-esteem
- Boosts immune system
- Reduces emotional stress
- Improves blood circulation
- Reduces depression and anxiety
- Helps regulate hormones, sleep cycle
- Enhances sense of well-being

Reduced risk for Alzheimer's disease, cancers, dementia, depression, diabetes, heart attack, heart disease, high blood pressure and osteoporosis

Get F.I.T.T.

Frequency	Intensity	Time, Type
<ul style="list-style-type: none">■ Most days a week■ Try not to skip more than two days in a row	<ul style="list-style-type: none">■ Are you able to talk?■ Can you sing?■ Can you whistle while you work?	<ul style="list-style-type: none">■ 20 minutes everyday or 30 minutes 5 days■ Cardiovascular, strength, flexibility■ Which exercise is best?

What factors contribute to the obesity epidemic?

Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death.

- Centers for Disease Control and Prevention

Healthy Weight

- Achievable
- Maintainable
- Different for everyone
- Involves our emotions
- Results from long-term healthy habits
- Easier with guidance and support!



Tobacco

Diseases

- Stroke, heart disease
- Lung diseases
- Many cancers
- Low bone density
- Early death

Quitting

- Are you ready to quit tobacco?
- We have strategies and medications to help you quit.

Support

- Telephone Wellness Coaching
1-866-251-4514
- Kaiser Quit Tobacco Line 916-746-4369
- California Smoker's Helpline
1-800-NO-BUTTS

Medications

- Medications
 - can help prevent heart attack and stroke
 - do not take the place of healthy habits
 - work best when taken as prescribed
- Talk to your provider
 - before stopping or changing any medication
 - about which types and dosages might be appropriate for you
 - if you might become pregnant or you are already pregnant

Medications to Prevent Heart Attacks and Strokes

These four important medications may save *your life*

- **Beta Blockers** help the heart to pump blood easier and reduce the risk of sudden death from heart attack
- **Aspirin** reduces the risk of blood clots which can lead to heart attack or stroke
- **ACE Inhibitor/ARB** relaxes blood vessels which lowers blood pressure
- **Statins** reduce arterial inflammation, helps prevent blood clots, reduces LDL “bad” cholesterol and increases HDL “good” cholesterol

My SMART Plan

Telephone Wellness Coaching 1-866-251-4514

- **S**et a Behavioral Goal
 - Observable, measurable, short-term, achievable, challenging
- **M**onitor Your Progress
 - Tracking behavior changes behavior
- **A**rrange Your World for Success (home or work place)
 - List 3 ways to make the healthy choice easier
- **R**ecruit Support
 - Ask for the support you need
- **T**reat Yourself
 - Behavior that is rewarded is repeated

“Remember, good health is a way to get more out of life, more energy, more enjoyment, more potential, more purpose, more life.”

— Sidney Garfield, MD, founding physician Kaiser Permanente

