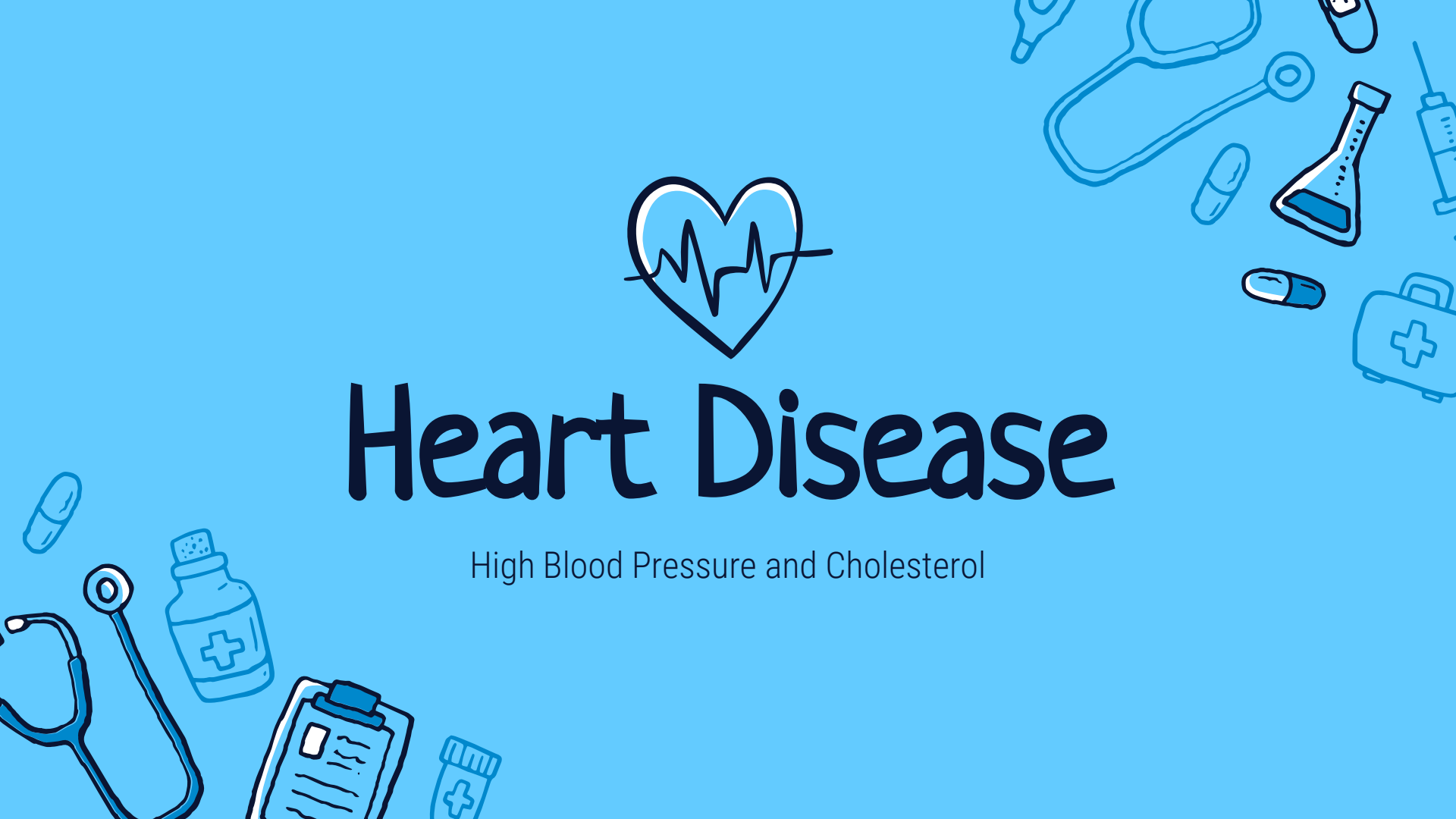




Heart Disease

High Blood Pressure and Cholesterol





Disclaimer



The information in this presentation is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment.



What is blood
pressure?

Let's watch a
video

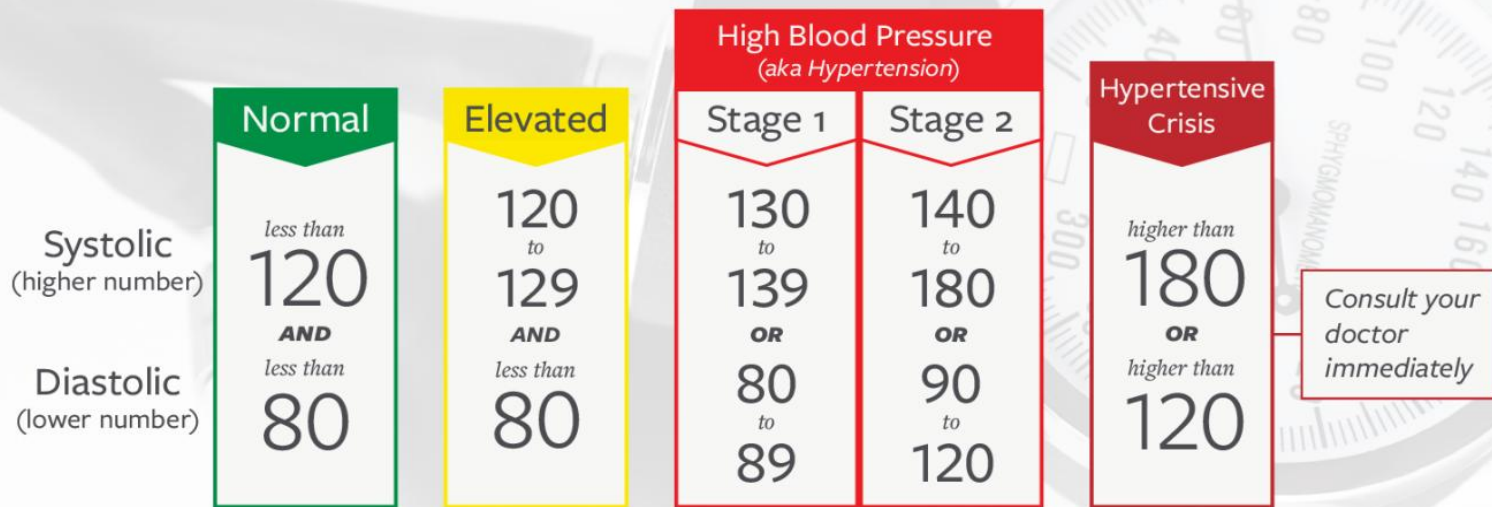
Video 1



What do the numbers mean?

BLOOD PRESSURE HEART-FACTS

DO YOU HAVE HIGH BLOOD PRESSURE?



Understand what your blood pressure numbers mean for your health, and what you can do to lower them.

LEARN **MORE** @ texasheart.org  TEXAS HEART[®] INSTITUTE

How can I find my blood pressure?



Doctor's Office



Local Pharmacy



At Home

Local Pharmacy



You may need to **measure a few times** (wait 3-5 minutes between each time) to get a more **accurate** result



At Home

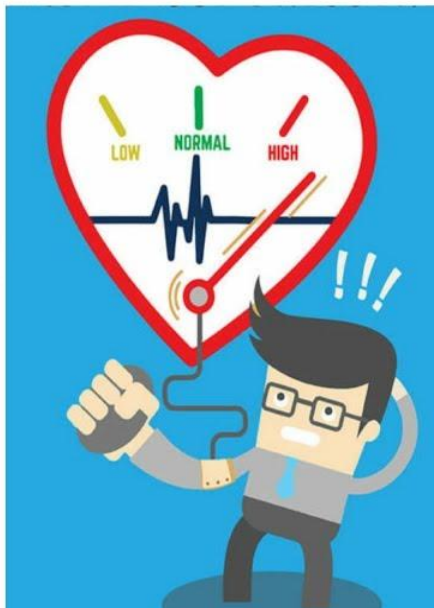


You may need to **measure a few times** (wait 3-5 minutes between each time) to get a more **accurate** result



What causes high blood pressure?

Risk Factors for High Blood Pressure (Hypertension)





How to reduce
high blood
pressure

Video 2



LEAFY GREENS

3-6 cups
raw per day



BERRIES

2-3 cups fresh
or frozen per day



FATTY FISH

3-6 ounces
per day



PLAIN, LOW-FAT YOGURT

2-3 cups
per day



SEEDS

1-1.5 tablespoons
per day



GARLIC

1-2 cloves
per day



OATMEAL

3-5 cups
cooked per day



PISTACHIOS

1-2 cups
per week



POMEGRANATE JUICE

2-3 cups
per day



OLIVE OIL

2-3 teaspoons
per day



Food can help reduce blood pressure

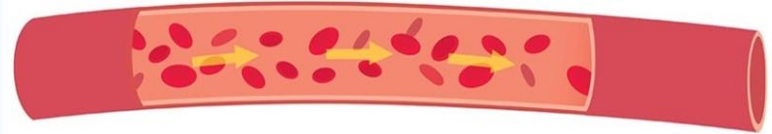
Video 3



What is cholesterol?



Normal blood flow



Blocked artery



Video 4



LDL vs HDL

LDL

"BAD" cholesterol
(lower the better)

HDL

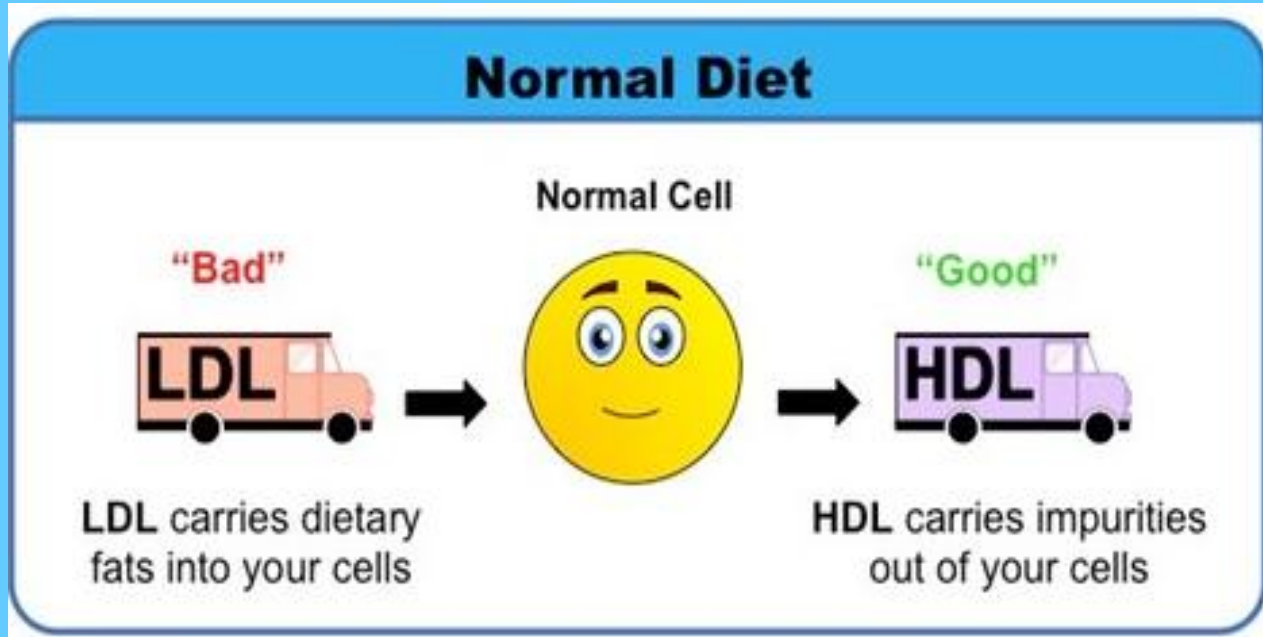
"GOOD" cholesterol
(higher the better)



Video 5



Food and Cholesterol



Food and Cholesterol

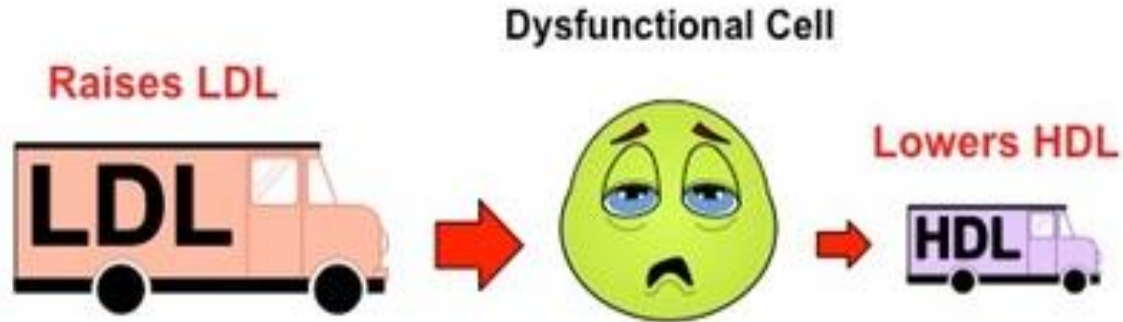
Diet Rich in SATURATED FATS



Diets rich in **saturated fats** *raise* cholesterol in the blood

Food and Cholesterol

Diet Rich in **TRANS** FATS



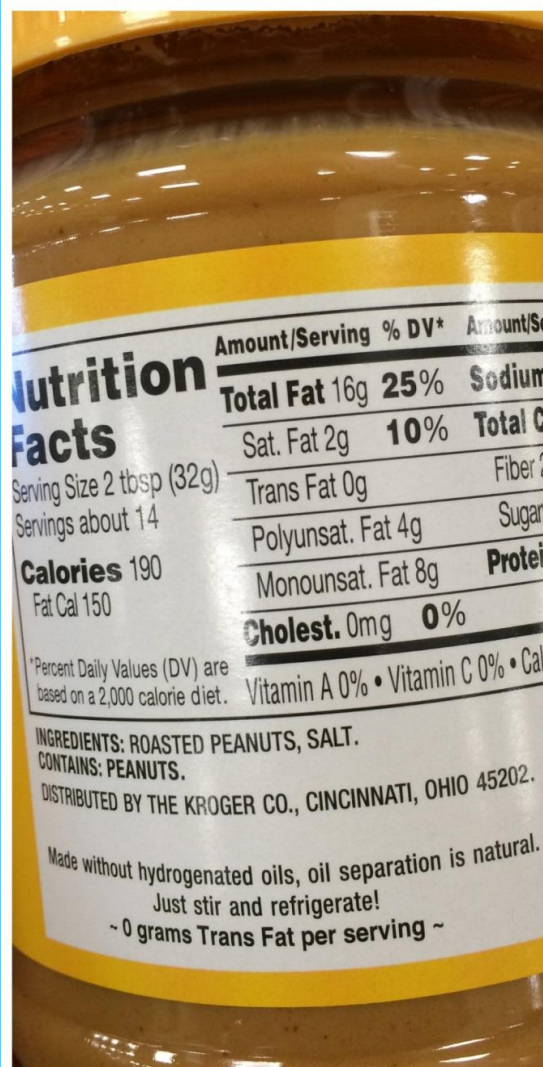
Diets rich in **trans fats** significantly raise cholesterol in the blood

Remember
to read the
label



Nutrition Facts	
Serving Size 1 Tbsp (14g)	
Servings Per Container 32	
Amount Per Serving	
Calories 100	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 7g	36%
Cholesterol 30mg	10%
Sodium 90mg	4%
Total Carbohydrate 0g	0%
Protein 0g	
Vitamin A 8%	
Not a significant source of dietary fiber, sugars, vitamin C, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	
INGREDIENTS: CREAM, SALT, ANNATTO (FOR COLOR).	
SWEET CREAM • SALTED	

Which is healthier?



Which is healthier?



Nutrition Facts	
Serving Size 1 oz. (28g/About 15 chips)	
Servings Per Container 11	
Amount Per Serving	
Calories 150	Calories from Fat 90
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 1g	6%
Polyunsaturated Fat 4.5g	
Monounsaturated Fat 4.5g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	7%
Potassium 330mg	9%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 2g	



Nutrition Facts	
Serving Size 1 oz. (28g/About 20 chips)	
Servings Per Container About 7	
Amount Per Serving	
Calories 75	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 2g	



Nutrition Facts	
Serving Size 1 oz. (28g/About 15 crisps)	
Servings Per Container 9	
Amount Per Serving	
Calories 120	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Polyunsaturated Fat 1g	
Monounsaturated Fat 0.5g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Potassium 250mg	7%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 2g	

**Fatty fish
(salmon, tuna)**



Olive Oil



Whole grains



Berries



Avocados



Beans



Nuts



**Dark Chocolate
(in moderation)**



Spinach



**Red wine
(in moderation)**



Green and black teas



Soy



Citrus fruit



Vegetables



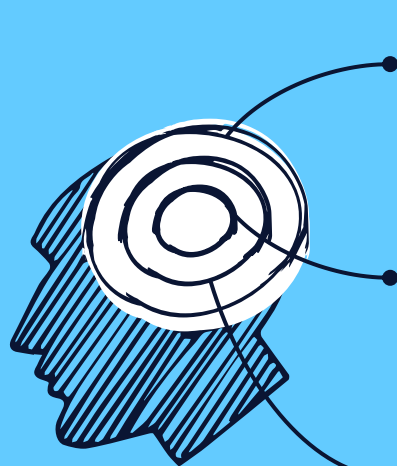
Food can help
reduce
cholesterol

Sources: American Heart Association, Cleveland Clinic, American Journal of Clinical Medicine, University of California, Mayo Clinic, University of Maryland Medical Center, The National Center for Biotechnical Information, The Linus Pauling Institute at Oregon State University, U.S. Department of Agriculture, Harvard Medical School, The Canadian Medical Association Journal.

Video 6



Checklist



01

If possible, ask your doctor about your blood pressure and cholesterol

02

Record this week's weight

03

Use Exercise Log to track this week's exercise