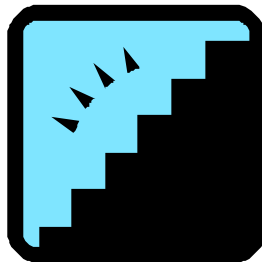


JOURNEY TO HEALTH

HEART AND ARTERY DISEASE PART 3
MAKING A PLAN TO REDUCE YOUR RISK

Bethel Health Builders

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	<i>Date /Test Result & Risk Level</i>	<i>Guide to goal setting</i>	<i>Follow-up meeting: Date: _____ Place: _____</i>	<i>Follow-up meeting Date: _____ Place: _____</i>	<i>Follow-up meeting Date: _____ Place: _____</i>
Exercise	Today's Date: _____ Current weekly exercise level: _____ Risk Level: _____	Increase by 1 hour per week until low-risk or ideal risk level.	Plan: Achieved? Y/N	Plan: Achieved? Y/N	Plan: Achieved? Y/N
Pedometer	Date: _____ Current weekly average steps: _____ Risk level: _____	Increase by 20% per week until low-risk or ideal.	Goal (steps per day) _____ Plan: Actual average steps per day _____ Goal achieved? Y/N	Goal (steps per day) _____ Plan: Actual average steps per day _____ Goal achieved? Y/N	Goal (steps per day) _____ Plan: Actual average steps per day _____ Goal achieved? Y/N
Nutrition Score	Date: _____ Most recent Nutrition Test Score: _____ Risk level: _____	Write in between two to four changes that you will try to make in your eating habits	Plan: Achieved? Y/N	Plan: Achieved? Y/N	Plan: Achieved? Y/N
Weight	Date: _____ Present Weight: _____	Lose 0.5—1.0 kg per week until BMI normal.	Weight goal _____ Actual weight _____ Weight goal achieved? Y/N	Weight goal _____ Actual weight _____ Weight goal achieved? Y/N	Weight goal _____ Actual weight _____ Weight goal achieved? Y/N
Cholesterol	Date of most recent test: _____ Most recent cholesterol reading: _____	Decrease cholesterol level by one risk level . Recheck cholesterol in 2—3 months.	Cholesterol goal: _____ Plan:	Follow-up cholesterol result Date _____ Cholesterol goal achieved? Y/N	
Blood pressure	Date of most recent test: _____ Most recent blood pressure result: _____	Decrease blood pressure readings by one risk level	Blood pressure goal: _____ Plan:	Plan Achieved? Y/N Follow-up BP result _____ BP goal achieved? Y/N	
Prediabetes/ Diabetes	Date: _____ F _____ N _____	Decrease sugar readings by one risk level	Sugar goals: F _____ N _____	Plan Achieved? Y/N Follow-up sugar: ____ (F/N) Sugar goals achieved? Y/N	
Smoker	Date: _____ Smoking? Y/N	Quit smoking	Plan:	Planned Quit date: _____ Actual Quit date: _____ Quit? Y/N	



Tips to increase physical activity:

Try the following:

1. Start by walking or some other type of activity for 15 minutes a day. To experience full health benefits, you are advised to work your way up to 30—90 minutes per day of some type of physical activity.
2. Find an exercise partner.
3. Use the stairs instead of the elevator.
4. Play actively with your kids.
5. Do your own yard work and gardening.
6. Get off at an earlier bus stop and walk to home or work.
7. If you are very busy, try to divide up your exercise during the day. For example 15 minutes at 6:30 a.m., 30 minutes from 12—12:30 p.m. and 15 minutes from 8 p.m. to 8:15 p.m.
8. Join a health club and have a trainer recommend a fitness program.
9. Add strength training to your walking routine. Exercise 8—10 muscle groups for 10—15 repetitions three times a week. The extra muscle mass will burn calories and keep sugar levels down.

Important Note: Ask your doctor before starting an exercise program that is more vigorous than walking if you:

- Are a man older than 45 or a woman older than 55
- Have heart disease or two or more cardiac risk factors like high blood pressure, cigarette smoking or diabetes

How do I use the pedometer to increase my steps?

First, figure out how much you normally walk each day. You can do this by wearing the pedometer every day for about a week. Just do what you would normally do each day. Write down the total number of steps listed on the machine at the end of the day. Then reset the machine to zero and continue measuring the next day.

Day	1	2	3	4	5	6	Total
Number of Steps							
More or less than usual?							

Take your numbers to the group meeting at the end of the week. There you will figure out how you can use the numbers to help you become more physically fit.

To determine your average steps per day: Add up your total steps and divide by the number of days that you counted your steps.

Total steps ÷ Number of days = Average number of steps per day

What risk category does this put you in? Now either set a goal in the next category or set a goal for yourself to increase your steps by 20% each week.

Use the following formula to calculate how much a 20% increase would be:

(Average number of steps per day X 0.20) + Average number of steps = Your goal for the next week.

Each week record your steps every day. Increase your number of steps by 20% each week until you reach the low or ideal risk category for heart and artery disease. 10,000—12,000 steps per day will ensure steady weight loss. Walk 12,000—15,000 steps per day for maximal weight loss.

Nutrition

For more information on how to decrease risk to heart and arteries from diet see *Heart and Artery Disease Part 4: Steps to Heart Healthy Eating*

Tips for Weight Loss

A study was done of more than 4000 people in the National Weight Control Registry in the United States. The people in this group that was studied lost an average of 30 kg and kept it off for an average of 5.5 years. Researchers found that the group had the following four behaviors in common:

- Eating a low-fat diet that is high in complex carbohydrates.
- Weighing themselves frequently (most at least weekly).
- Eating breakfast everyday.
- Being physically active for at least 60 to 90 minutes a day.

Eat Breakfast Every Day!

One of the bad habits that many people today have developed is skipping breakfast. There are many problems with this habit.

1. The body needs energy to function in the morning. When you don't feed yourself in the morning after you wake up, the body is forced to draw on its emergency stores of sugar in your liver. This stresses your body.
2. One of the four characteristics of people who lost weight and kept it off was that they ate breakfast.
3. You can feel shaky and irritable because of low blood sugar in the morning. Once you are able to eat, you may be so hungry that you eat a bigger lunch or are tempted to snack on the wrong foods.

Breakfast ideas:

- Mix together yoghurt and your choice of chopped fresh fruits and nuts.
- Whole wheat bread with Pro-Activ plant sterol spread (not butter or margarine) and a jam which is high in fruit content is a good choice.
- Bring fresh fruit along with you to work.
- Choose high fiber and low-glycemic index breakfast cereals. Eat with skim milk or yoghurt.
- Blend together skim milk and fresh fruits in the blender.

Make the largest meal of the day breakfast or lunch.

Many people eat most of the calories at dinnertime in the evening. Most people become less physically active later in the day. So, the body stores the calories as fat which would have been burned off during the day. Try to shift your calories to earlier in the day.

Brochure on Central Obesity is available from your health builder.

Cholesterol

There are many ways you can help lower your cholesterol:

1. Go to your doctor and find out if you could benefit from a cholesterol lowering medicine. Take the medicine regularly as prescribed. This is the most effective way to lower your cholesterol.
2. Ask your doctor to tell you what your target goal should be.
3. Physical Activity: **Start slowly** and aim to build up to at least 1/2 hour per day of something you like to do like walking, swimming, or sweeping up around your place. This helps to control your cholesterol by keeping your weight down. Also, exercise by itself decreases total cholesterol, lowers the bad form of cholesterol (LDL) and increases the good form of cholesterol (HDL). If you are currently overweight, aim for sixty to ninety minutes per day. Your health builder has more information on physical activity.
4. Quit Smoking! Your health builder has more information on quitting smoking.
5. Follow these dietary recommendations
 - ⇒ Eat beans daily.
 - ⇒ Use oils like olive or canola oil in moderation. (Avoid fatty meats, sunflower oil, margarine or butter.)
 - ⇒ Use Flora-ProActiv spread on bread. Flora ProActiv can lower cholesterol.
 - ⇒ Fish like pilchards, tuna, salmon, and herring 2X/week
 - ⇒ Five to seven servings fruits and vegetables per day.
 - ⇒ Nuts like almonds, hazelnuts and walnuts and legumes (beans, peas) in abundance. Avoid peanuts.
 - ⇒ 3—4 servings skim (no fat) yoghurt or milk per day

⇒ Eat 1 medium garlic clove per day.

⇒ Limit eggs to 0—4 per week.

Pamphlet on high cholesterol available from your health builder.

High Blood Pressure

If your blood pressure is more than 120/80, you should take steps to prevent the development of full-blown high blood pressure. There are many things that you can do to bring your blood pressure down.

1. Achieve a normal body weight (BMI 18.5—24.9).
2. Eat lots of fruits and vegetables. Consume low-fat or no fat dairy products.
3. Reduce your intake of sodium to 2400 mg per day. (See tips below)
4. Do some type of aerobic activity like walking quickly for at least 30 minutes per day on most days of the week.
5. Either quit alcohol or limit to two drinks per day for men or one drink per day for women. If you can't reduce to this level on your own—get help.
6. Go to the clinic regularly.
7. Take prescribed medications every day. Buy a pill organizer box to help you keep track of your medicines.
8. Get your blood pressure checked once a week until it is under good control. Keep your own record of your blood pressures.
9. Stop smoking.

Tips on salt reduction:

Doctors recommend limiting salt intake to less than 2400 mg of sodium per day. That is about 1 teaspoon of salt per day.

- Take the salt shaker off the table
- Discuss salt substitutes with your doctor.
- Reduce the salt in your cooking.
- Avoid salty seasonings like boullion cubes, soy sauce, meat tenderizers, tomato sauce
- Season foods with herbs, lemon juice and vinegar rather than salt.
- Avoid processed foods from the store. Cook more of your own foods and use fresh fruits and vegetables.
- Avoid prepared mixes (muffins, cornbread etc...) and instant cereals.
- Look for no-salt or reduced salt foods.
- Rinse canned foods to try to get rid of some of the excess salt.
- Cook your own beans rather than buying them canned.

- Buy no salt added peanut butter.
- Avoid salty chips, salty nuts, prepared soups, processed sandwich meats, salad dressings, fast food.
- Read food labels and check the salt content. Another name for salt is sodium.
- Headache and heartburn medicines commonly contain sodium bicarbonate or carbonate. Check the labels on these medicines.

Change in lifestyle	Reduction in top number of pressure
Weight loss	5—20 mmHg per 10 kg weight loss
Heart Healthy Eating	8—14 mmHg
Lower salt intake	2—8 mmHg
Increase aerobic activity to 30 min/day	4—9 mmHg
Moderate alcohol consumption	2—4 mmHg

Diabetes

The good news is that complications of diabetes are preventable, given proper and timely action. If you have diabetes, the three most critical things to prevent complications are known as the **ABCs of diabetes**. They are as follows:

- A. Hemoglobin A_{1c}* less than 7.0% (Pre-meal average glucose of < 7.8)
- B. **Blood pressure** less than 130/80 mmHg
- C. **Cholesterol** Total less than 5.1, LDL less than 2.6, and triglycerides less than 1.7

For a person with diabetes, these ABCs represent the target of proper therapy, which will prevent complications. If these three goals are achieved your risk of the complications of diabetes can be drastically reduced.

* Hemoglobin A_{1c} is a laboratory blood test which can be ordered by a doctor that indicates how well your sugars were controlled over the past 3 months

Your lay health builder can give you more information on the following topics to improve your health:

- How to check your own sugars
- Physical Activity
- Eating the right foods
- Quitting smoking

Other things you can do to keep yourself healthy:

- Check your feet every day for cuts, blisters and red areas to help prevent ulcers
- Get eye exams at least once a year
- Purchase your own blood sugar measuring machine and learn to check your own sugars.

Visit your doctor regularly.

Brochure on Diabetes is available from your health builder.

Smoking

Tips to help you quit smoking

1. Set a quit date.
2. Plan your strategy.
3. Take the “Why Test” found on pages 12—16 of the booklet called “Quitting Smoking” which is available from your lay health builder. The test can help you to understand why you smoke and help you to formulate a plan to quit.
4. Throw away anything that reminds you of smoking like ashtrays or cigarette packets.
5. Plan to start exercising to relieve stress and prevent weight gain after you quit smoking.
6. Enlist your friends and family so that they can help support your efforts to quit.
7. Realize that dizziness, headaches and coughing are normal occurrences after quitting smoking. These should improve within a day or two and disappear within two weeks. The first 2 or 3 days will be the most difficult. Your cravings will eventually reduce and disappear.
8. You may become more hungry. Snack on fruits between meals. Your lay health builder can provide more information on weight control.
9. If a crisis or special occasion comes up, don’t use it as an excuse to have a single cigarette. One cigarette may well lead to another.
10. Christian prayer is powerful and effective. Enlist the support of Christians to help you to quit.