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**Family Health Team**

# Welcome to Heart Health



*Presented by:*

Thames Valley Family Health Team  
Registered Dietitians, Nurses and Pharmacists

***This information is presented by Thames Valley Family Health Team health professionals and was developed based on the most up-to-date research.***

***We respect that everyone's journey is unique. Your health, history, and circumstances are all different.***

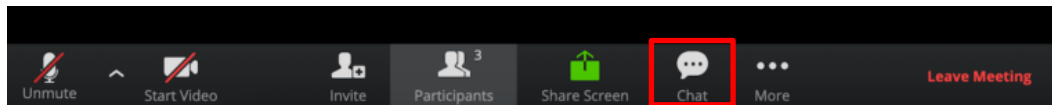
***If you have questions after attending one of our groups or viewing one of our videos, please reach out to a health professional.***

***If you do not have a nurse practitioner or family doctor, call 811 or visit <https://health811.ontario.ca/>.***

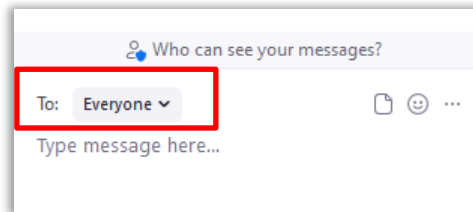


# Zoom Features

- To ask a question, please use the Chat feature (found in the toolbar at the bottom; will open on right side of window).



- You can pose a question to the whole group or only to the facilitators by selecting your preference in the dropdown menu. We will answer your questions at the end of the presentation.



# Zoom Manners



- Please use headphones for privacy reasons, if possible
- Please turn your camera on when in session
- Please mute your microphone if not speaking
- Please do not use “chat” space for anything not related to the group
- Please share the airtime with others; we have time for questions and comments in group
- Please be respectful of others and don’t share personal details about other participants

# Group Handouts

- Throughout the presentation, you may see this symbol which indicates that you have either a specific handout or link related to that topic.



**= Handout**

# Outline

## PART 1

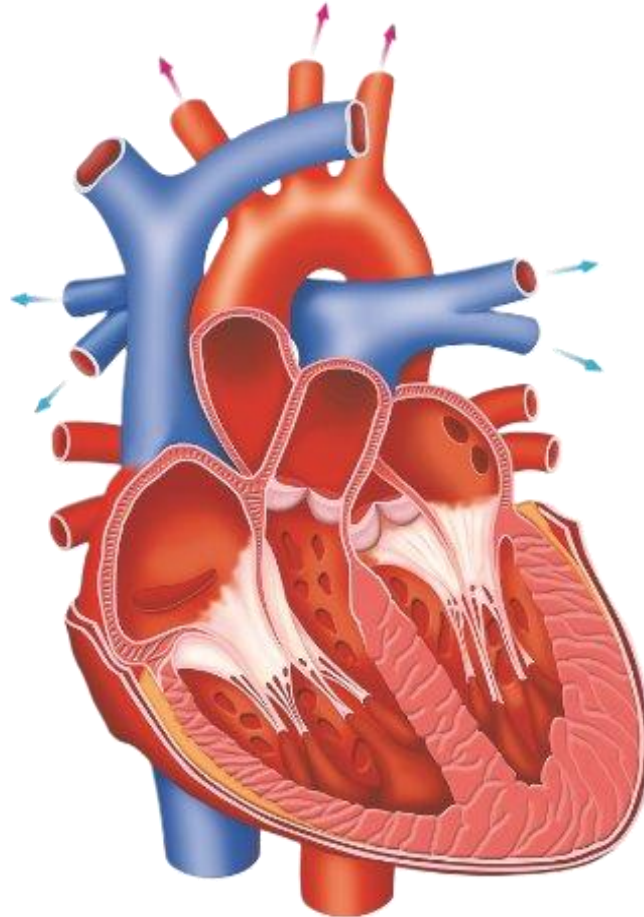
- Heart Disease and Risk Factors
- Cholesterol and Blood Pressure
- Healthy Eating

## PART 2

- Alcohol and Smoking
- Movement and Exercise
- Medications
- Questions/Resources/Evaluation



# The Heart

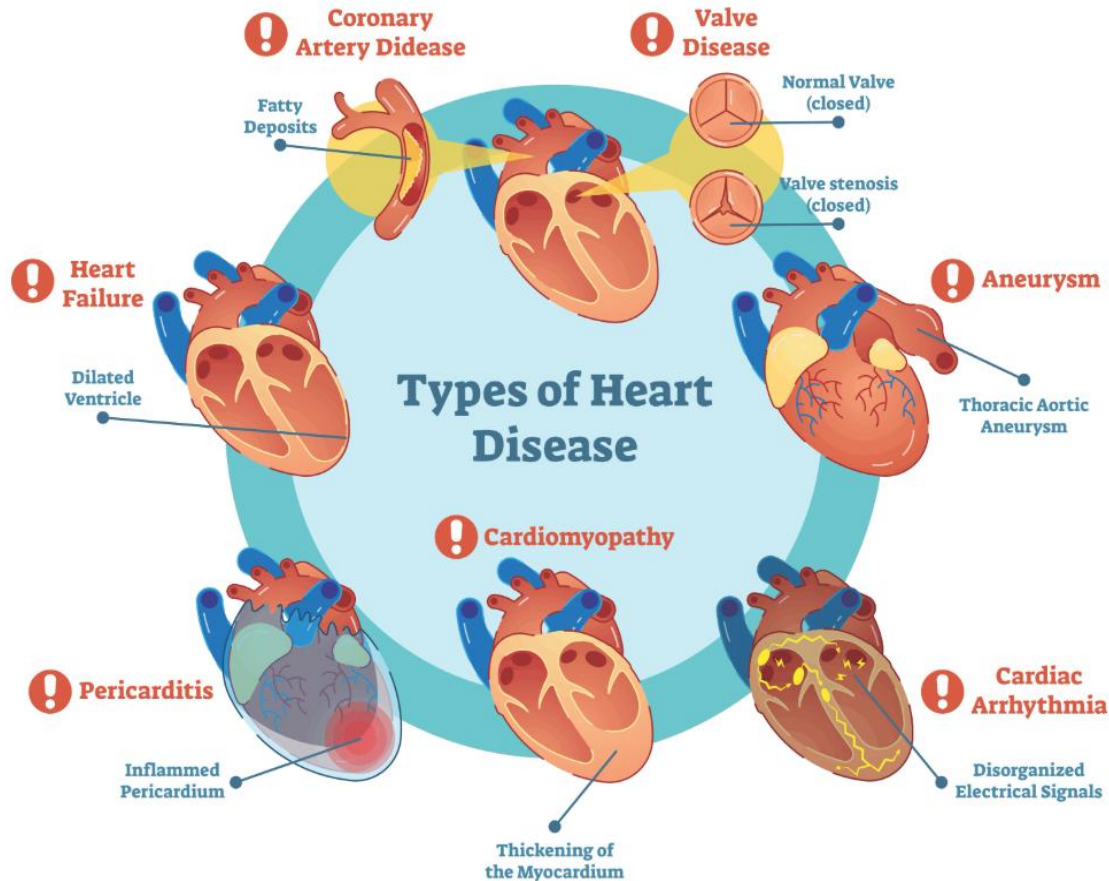


Source: How It Works 2012. The Human Body: How Does the Heart Work. [www.howitworksdaily.com/inside-the-human-heart/](http://www.howitworksdaily.com/inside-the-human-heart/)



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# Heart Disease



Source: Pulse Cardiology 2010. Heart Disease: Diagnosis and Treatment.  
[www.pulse-cardiology.com/heart-disease-diagnosis-and-treatment/](http://www.pulse-cardiology.com/heart-disease-diagnosis-and-treatment/)



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# Heart disease is the 2<sup>nd</sup> leading cause of death in Canada



Public Health Agency of Canada

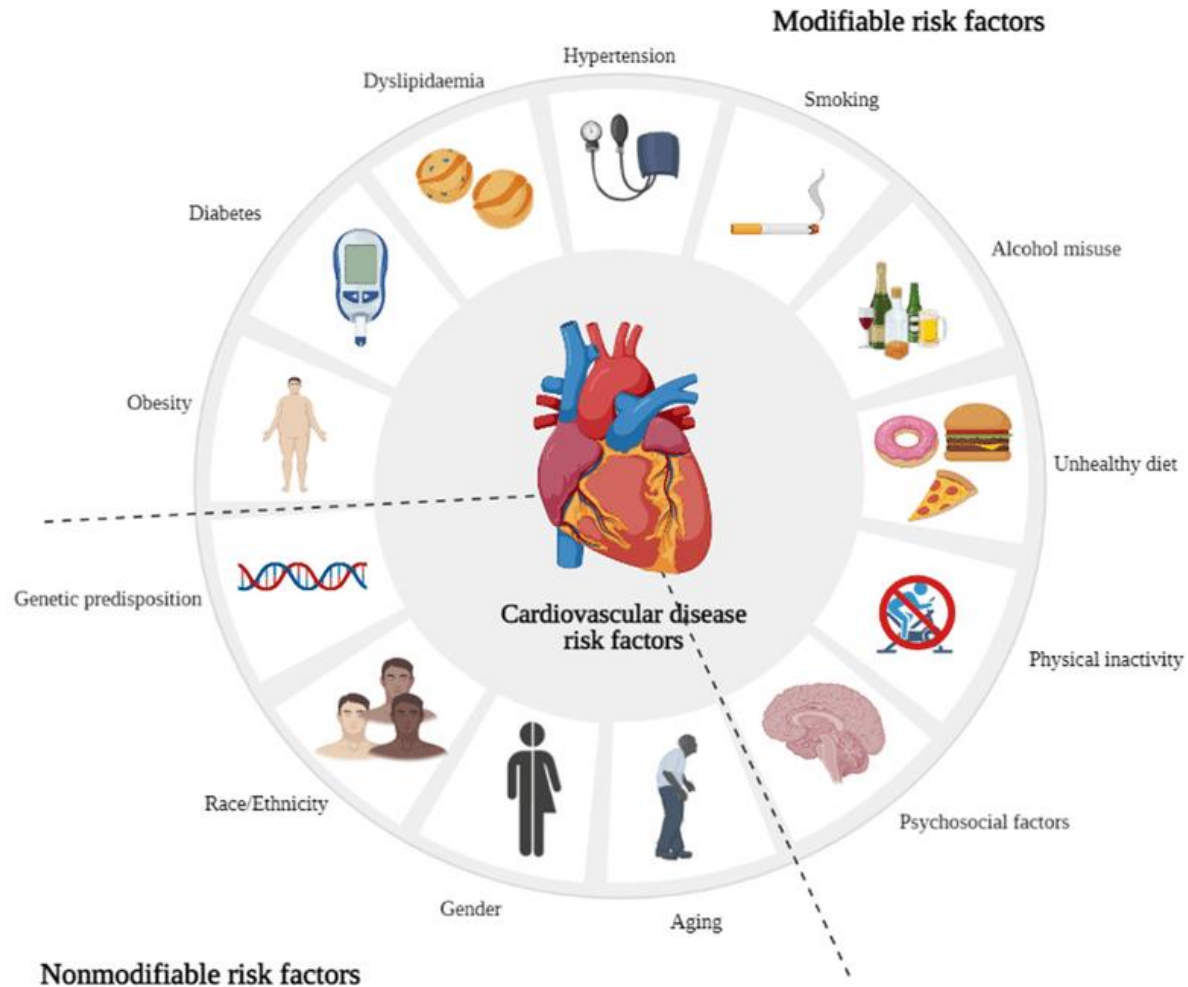


Source: Public Health Agency of Canada 2022. Heart Disease in Canada.  
[www.canada.ca/en/public-health/services/publications/diseases-conditions/heart-disease-canada.html](http://www.canada.ca/en/public-health/services/publications/diseases-conditions/heart-disease-canada.html)



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# Heart Disease Risk Factors



Source: [ResearchGate 2021- Cardiovascular Disease Risk Factors](#).



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# What is Cholesterol?



Source: American Heart Association 2023. What is Cholesterol.  
<https://www.youtube.com/watch?v=UaolDzxn-vE>

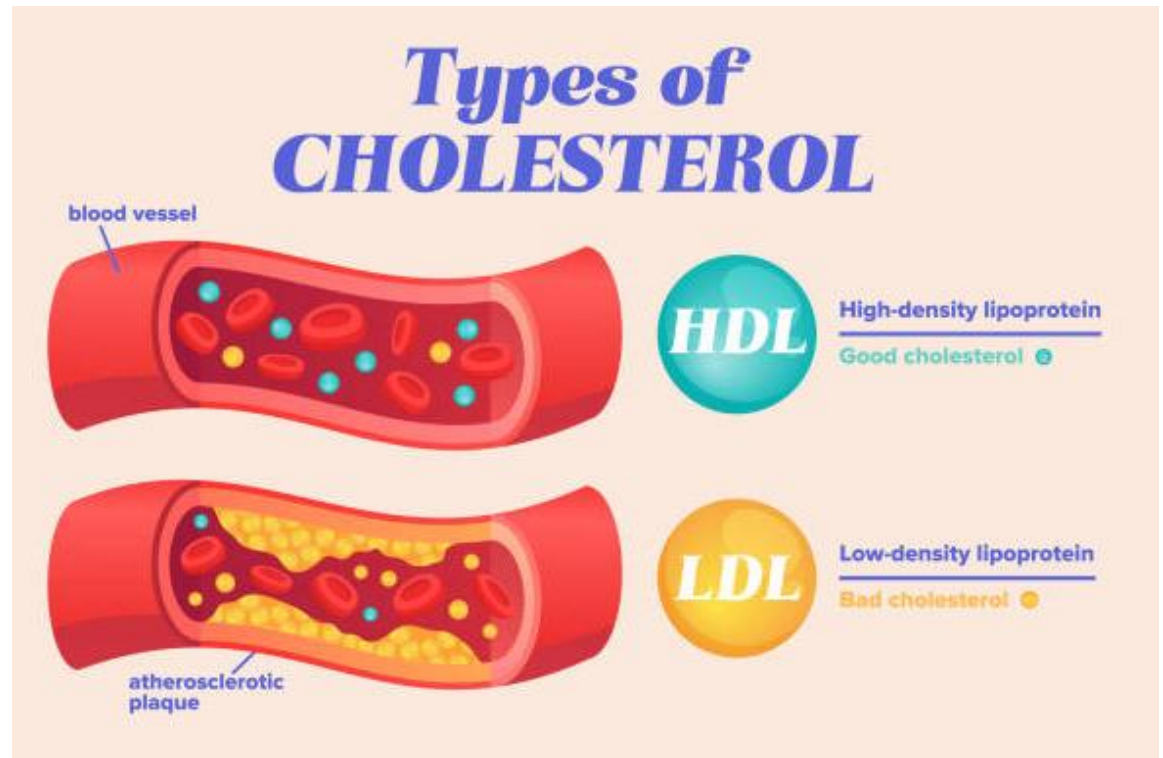


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# Types of Cholesterol- Recap



TRIGLYCERIDES



# Blood Pressure

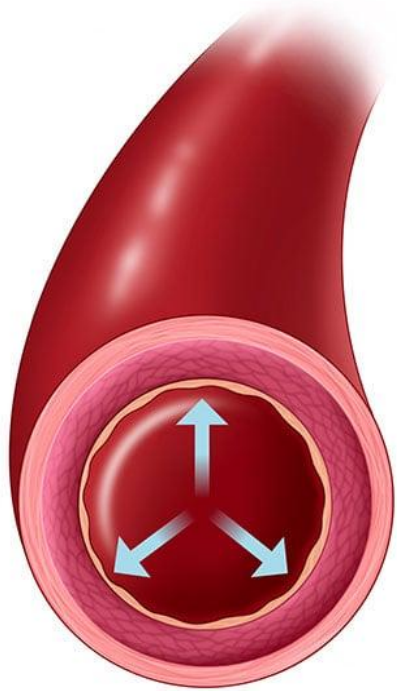


Source: Cleveland Clinic 2024. Blood Pressure Explained.  
<https://www.youtube.com/watch?v=pr29CWlkg8Y>



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## High Blood Pressure *Hypertension*



≥ 80



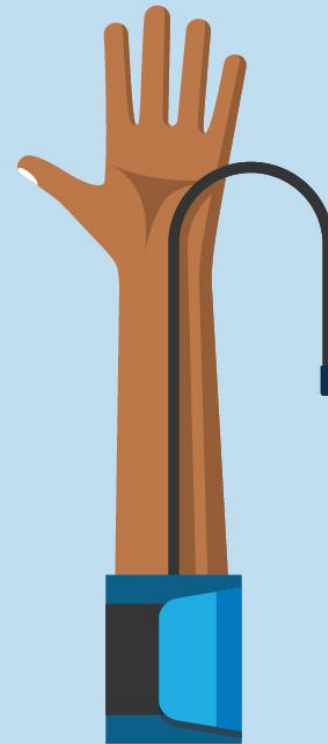
Systolic number  
is when the  
heart contracts

Diastolic number  
is when the  
heart rests



Force of blood on artery wall

## 5 Main Blood Pressure Ranges



180+  
—AND/OR—  
120+

Hypertensive  
Crisis

140+  
—AND/OR—  
90+

Stage 2  
Hypertension

130-139  
—AND/OR—  
80-89

Stage 1  
Hypertension

120-129  
—AND—  
< 80

Elevated  
Blood  
Pressure

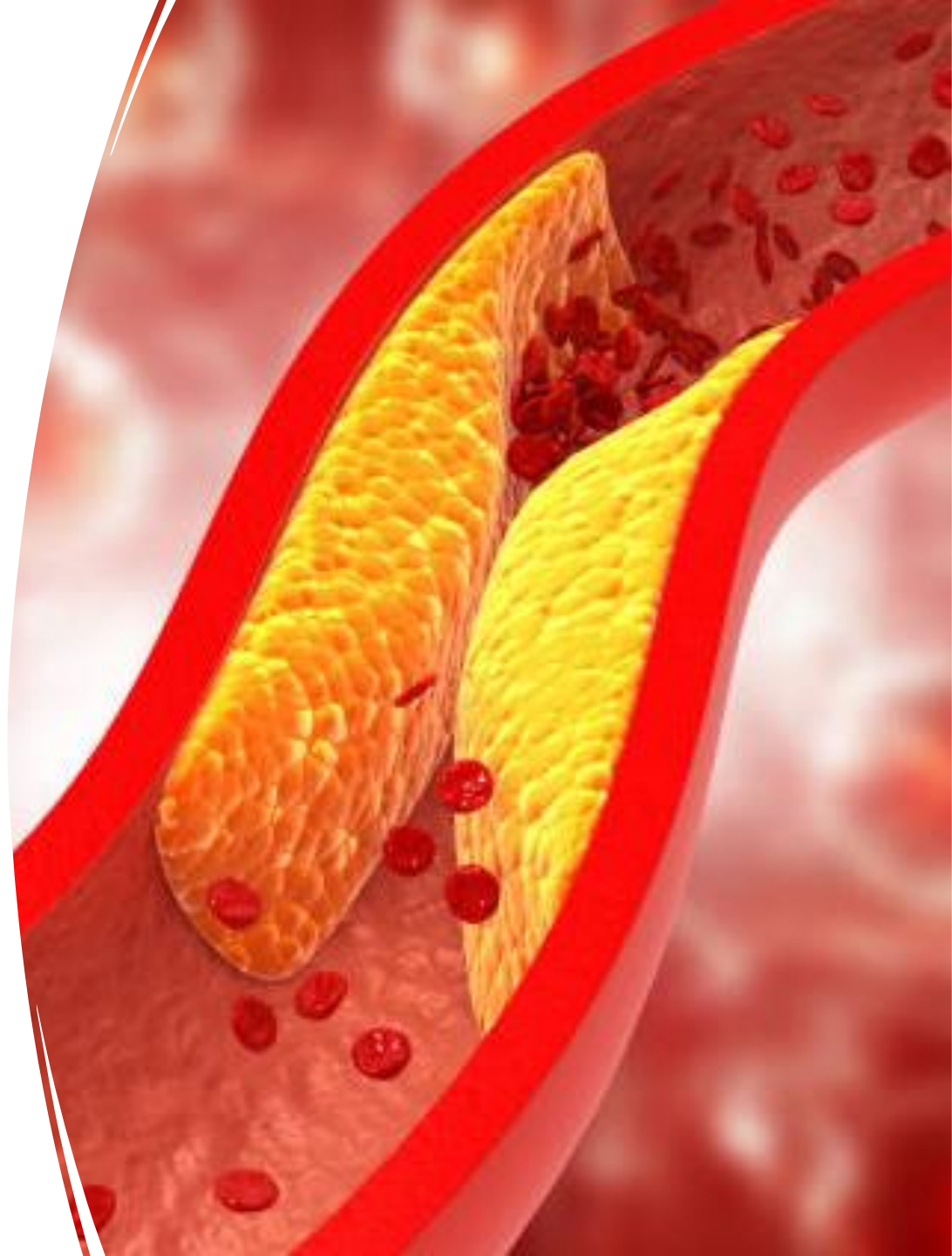
< 120  
—AND—  
< 80

Normal  
Blood  
Pressure

Ranges are  
in **millimeters  
of mercury**

Source: Cleveland Clinic 2022. Blood Pressure.  
<https://my.clevelandclinic.org/health/diagnostics/17649-blood-pressure>

High Cholesterol  
+  
High Blood Pressure  
=  
Increased Risk of  
Cardiovascular  
Events



# Reducing Risk with Lifestyle and Diet



# The "Push & Pull" of Healthy Eating



Less Of:	More Of:
Animal fats	Plant, nut, seed and fish oils
Fried foods	Foods high in fibre
Foods and beverages with added sugars	Soy/Vegetable protein
Ultraprocessed foods Sodium	Foods closer to their natural state



# Not All Fats are Created Equal



**Saturated Fats**  
**- Animal sources**  
(and tropical oils)



**Unsaturated Fats**  
**- Plant sources**



# What Does Saturated Fat Do?

- Raises LDL (bad cholesterol)
- Some Food Sources:
  - Red meat
  - Poultry skin
  - Butter
  - Fat from dairy products
  - Coconut & palm oils  
(modified; used in processed foods)



# How to Reduce Saturated Fat: Meats and Alternatives



# How to Reduce Saturated Fat: Dairy and Alternatives



# Trans Fats

What are Trans Fats?



Banned in Canada as an ingredient,  
but created in the deep-frying process



# What do Unsaturated Fats do?

Help to **lower** our “**lousy**” LDL-cholesterol.

**It's not necessary to follow a low-fat diet to lower cholesterol**  
Follow the “right fat’ diet by  
replacing saturated fats (animal) with unsaturated fats (plants)



# Examples of Foods High in Unsaturated Fat



# Omega 3: Fatty Fish

- **Reduces triglycerides** in your blood and **raises “good” cholesterol**
- A diet that includes Omega 3 fats lowers inflammation

**SMASH!**

**Salmon, Mackerel, Anchovies, Sardines, Herring**



# Omega 3 Fats

## Both Fish and Plant sources



**Eat 2-3 palm sized servings of fatty fish per week**



# Omega 3 Supplementation?



# What about Cholesterol in Foods?

- Cholesterol you eat has very little effect on your blood cholesterol levels.
- Focus on having **less saturated** and **trans fat** in your diet

## What about Eggs?

- 1 egg a day is safe if you have high cholesterol
- Up to 2 eggs a day is safe if you have normal cholesterol levels



# How Does Sugar Relate to Heart Health?



# Added Sugar: What's the Risk?

Your risk for Heart Disease, Heart Attack  
and Stroke **increases 3x** if  
**a quarter or more** of your daily  
calories come from added sugars.



# Natural Sugar



Found in food in its natural state

- Fruit
- Vegetables
- Cow's or Goat's milk, yogurt (lactose)
  
- These foods are part of a heart-healthy diet, sugar in its natural form is not known to increase risk for heart disease



# What does 1/4 daily calories look like?



42g sugar = 168 calories

23g sugar = 92 calories

39g sugar = 156 calories



# Reading Labels for Sugar

Sugars are listed on the  
**Nutrition Facts Table**

1. Find "Sugars"
2. How many grams?
3. Divide by 4 to give the number of teaspoons

Women daily limit: 6 tsp  
Men daily limit: 9 tsp

How many tsp in a can of Coke?

Nutrition Facts	
Valeur nutritive	
Per 1 can (355 mL) pour 1 canette (355 mL)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories 140</b>	
<b>Fat / Lipides 0 g</b>	<b>0 %</b>
<b>Sodium / Sodium 25 mg</b>	<b>1 %</b>
<b>Carbohydrate / Glucides 39 g</b>	<b>13 %</b>
Sugars / Sucres 39 g	
<b>Protein / Protéines 0 g</b>	
Not a significant source of saturated fat, trans fat, cholesterol, fibre, vitamin A, vitamin C, calcium or iron.	
Source négligeable de lipides saturés, lipides trans, cholestérol, fibres, vitamine A, vitamine C, calcium et fer.	



# Fibre

Men: **35 grams** per day  
*10 grams should be soluble fibre*

Women: **25 grams** per day  
*10 grams should be soluble fibre*



# Does Fibre help Cholesterol?

## Soluble Fibre

Helps lower lousy cholesterol (LDL)

- Psyllium
- Legumes
- Barley
- Oats, oat bran, oatmeal
- Some fruits
- Some vegetables
- Flax and chia seed



## Insoluble Fibre

Helps relieve / prevent constipation

- Wheat bran
- Whole grain foods
- Whole fruits and vegetables



# Sodium (Salt)



# Finding Sodium on a label

- This is soy sauce label
- Take a look first at the serving size
- Now find the sodium: mg is the measurement, but %DV is more meaningful
- In 1 Tbsp soy sauce, you are spending 39% of your sodium budget for the day

<b>Nutrition Facts</b>	
about 30 servings per container	
<b>Serving size 1 Tbsp. (15mL)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>5</b>
	<b>% DV*</b>
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 900mg	<b>39%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars <b>0%</b>	
<b>Protein</b> 1g	
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron, and potassium	
* % DV = % Daily Value	



# % Daily Value



# Label Reading Practice - Salted Butter

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 2 tsp (10 g) pour 2 c. à thé (10 g)	
<b>Calories 70</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Fat / Lipides 8 g</b>	<b>11 %</b>
Saturated / saturés 5 g	<b>27 %</b>
+ Trans / trans 0.3 g	
<b>Carbohydrate / Glucides 0 g</b>	
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 0 g	<b>0 %</b>
<b>Protein / Protéines 0.1 g</b>	
<b>Cholesterol / Cholestérol 20 mg</b>	
<b>Sodium 70 mg</b>	<b>3 %</b>
Potassium 0 mg	<b>0 %</b>
Calcium 0 mg	<b>0 %</b>
Iron / Fer 0 mg	<b>0 %</b>



**MONTHLY OR SMALL AMOUNTS** MEATS & SWEETS

**DAILY TO WEEKLY** EGGS, CHEESE, POULTRY, YOGURT

**A FEW TIMES PER WEEK** FISH, SEAFOOD

**IN VARIABLE AMOUNTS** OLIVE OIL

**DAILY SERVINGS** FRUITS, VEGETABLES

**DAILY SERVINGS** WHOLE GRAINS, BREAD, BEANS, PASTA, NUTS

# MEDITERRANEAN DIET

## The DASH Diet for Healthy Blood Pressure

Follow these DASH (Dietary Approaches to Stop Hypertension) guidelines for a healthier, more balanced diet

**Grains**  
6 TO 8 SERVINGS PER DAY

**Fresh Fruits and Vegetables**  
4 TO 5 SERVINGS OF EACH PER DAY

**Lean Protein**  
6 OR LESS SERVINGS PER DAY

**Low-fat Dairy**  
2 TO 3 SERVINGS PER DAY

**Legumes or Nuts/Seeds**  
4 TO 5 SERVINGS PER WEEK

**Fats and Sweets**  
LIMITED

**OhioHealth**  
Discover how the DASH Diet can help you manage your blood pressure at [blog.ohiohealth.com](http://blog.ohiohealth.com)



## PORTFOLIO DIET

Vegetarian eating pattern Highlights foods that have been clinically proven to have health benefits

<p><b>Nuts</b> 50 g daily</p> <p>variety of almonds, peanuts, pecans, and walnuts</p>	<p><b>Plant Sterols</b> 2 g daily</p> <p>fortified margarine or juice, multivitamins, whole grain bread, nuts</p>
<p><b>Soluble Fibre</b> 10-25 g daily</p> <p>psyllium, oatmeal, barley, brown rice, broccoli, carrots, spinach, pears, citrus fruit, apples, legumes</p>	<p><b>Plant Proteins</b> 50 g daily</p> <p>tofu, chickpeas, lentils, beans, tempeh, soybeans, soy beverages, edamame, soy cheese</p>

**BENEFITS**

- ↓ LDL cholesterol
- ↓ blood pressure
- ↓ heart disease risk
- ↑ blood sugar control
- ↓ heart disease risk

@TrueNutritionRD



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NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Prescription:**

- *Replace high animal fat foods with oily plant foods, and plant oils*
- *Lower your sodium by eating less processed and fast foods and by reading labels*
- *Lower your sugar intake by limiting sweetened drinks, and sugary snacks and desserts*
- *Follow the Mediterranean, DASH or Portfolio guidelines to lower blood pressure and cholesterol levels*

\_\_\_\_\_

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_



# Break Time!!



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# Welcome to Heart Health Part 2

- Smoking and Alcohol
- Movement and exercise
- Medications
- Questions / Resources / Evaluation

# Smoking and Alcohol



# Alcoholic Drinks PER WEEK

## 0 drinks per week

Not drinking has benefits, such as better health, and better sleep.

No risk



## 1 to 2 standard drinks per week

You will likely avoid alcohol-related consequences for yourself and others.

Low risk



## 3 to 6 standard drinks per week

Your risk of developing several different types of cancer, including breast and colon cancer, increases.

Moderate risk



## 7 or more standard drinks per week

Your risk of heart disease or stroke increases.

Increasingly high risk



## Each additional standard drink

Radically increases the risk of these alcohol-related consequences.



Risk of **atrial fibrillation** increases with each drink

# Live Smoke Free

**20** minutes after your last cigarette, your blood pressure goes almost completely back to normal ← .....

Carbon monoxide in your blood has completely left your system

**12-24**  
HOURS

Your lungs start to heal

**24**  
HOURS

**2**  
WEEKS

Your cancer risks are cut in half

**5**  
YEARS

**10**  
YEARS

Your chance of a heart attack decreases

Your risk of heart disease is that of a non-smoker

**Quitting smoking now will have an immediate effect.**

Make smoking history.



presented by the Massachusetts Tobacco Cessation & Prevention Program, MA Dept. of Public Health



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# Movement and Exercise



# Stand and Move More!



**"Sitting is the new smoking"**

Source: Southcoast Health 2023. Why Sitting is the New Smoking  
[www.southcoasthealth.com/posts/view/426-why-sitting-is-new-smoking](http://www.southcoasthealth.com/posts/view/426-why-sitting-is-new-smoking)



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# Canadian 24-Hour Movement Guidelines

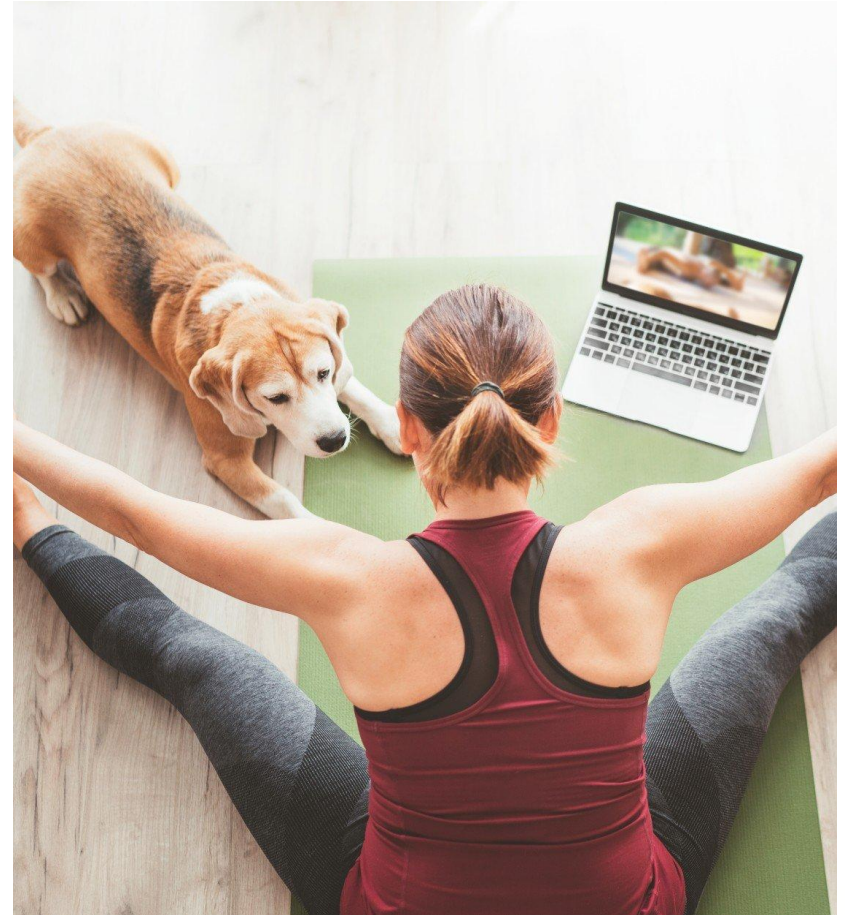


## SWEAT

- 150 minutes of **moderate to vigorous** aerobic physical activity  
PER WEEK
- Bouts of 10 minutes or more
- 2x/week muscle strengthening



# Aerobic Training Exercise Examples:



# Canadian 24-Hour Movement Guidelines



## STEP

- Several hours of light physical activities including standing
- Break up long periods of sitting as often as possible by getting up briefly every 20-30 minutes

## Step Guidelines

- Daily suggested goal is 7,500 steps per day!
- If your baseline is under this level: increase your steps by 500 per day every 3-4 weeks until you reach 7,500 steps!



# Canadian 24-Hour Movement Guidelines



## SLEEP

- 7 to 9 hours of good quality sleep on a regular basis
- Have consistent bed and wake up times

## SIT

- Limit sedentary time to 8 hours or less
- No more than 3 hours of recreational screen time



All big things come from  
small beginnings.  
The seed of  
every habit is a single,  
tiny decision.  
James Clear



# Medications



A collection of various pills and capsules in different colors (white, yellow, orange, red, green, blue, grey) arranged to form a heart shape. Below the heart is a white pill bottle. The background is a solid light blue color.

**Will my medication  
prevent a heart attack?**



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# Will My Medication Prevent a Heart Attack?

**Benefits  
(preventing  
heart attack)**



**Risks  
(side effects)**

**Higher risk of heart attack or stroke means  
more benefit from medications**



# How Do We Estimate Your Risk?

- Based on your medical history
  - You could try [www.myhealthcheckup.com](http://www.myhealthcheckup.com) then discuss with your MD or NP
- We estimate your risk of having a heart attack or a stroke in the next 10 years:



Past heart attack  
or stroke =  
automatically  
high risk



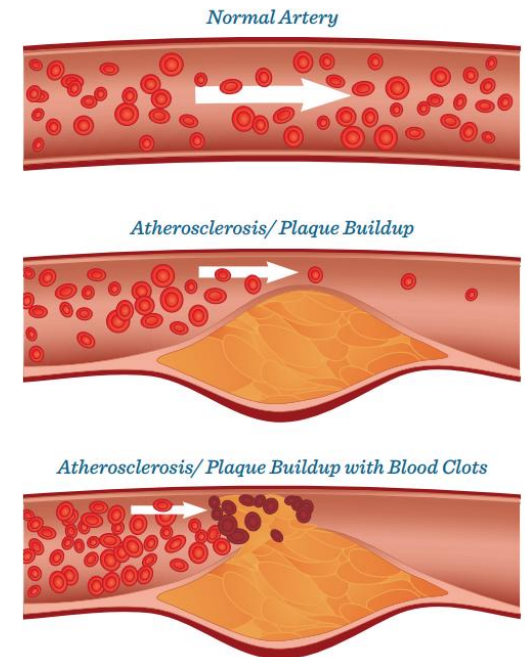
# Cholesterol Medications: Statins

- **Gold standard for cholesterol medications**
- Examples:
  - Atorvastatin (Lipitor ®)
  - Rosuvastatin (Crestor ®)
  - Pravastatin (Pravachol ®)
  - Simvastatin (Zocor ®)
- Reduces cholesterol being made by your body
- Dose relates to your heart risk



# It's More Than Just Cholesterol

- **Statins may be prescribed for a number of reasons, for example:**
  - High cholesterol
  - Treatment or prevention of heart disease
  - Plaque buildup in the arteries
  - Reducing risk in some people with diabetes or chronic kidney disease



# Statins: The Benefits

Reduce cardiovascular risk by  
**25-40%**

Reduce risk of early death by  
**10%**



# Statins: The Risks



- **Overall minimal side effects!**
- Possible side effects that often improve after the first 1-2 weeks:
  - Nausea, diarrhea, or constipation
  - Headaches
  - Muscle aches
- Very rare but serious:
  - Muscle and kidney injury



# Blood Pressure Medications



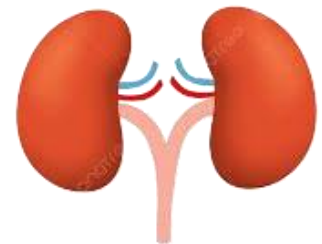
- There are many different families of blood pressure medications
- Medications sometimes come in combination pills where there are two drugs in one tablet



# It's More Than Just Blood Pressure

**Blood pressure medications can be prescribed for many reasons, for example:**

- High blood pressure
- Heart disease (e.g. heart failure, previous heart attack or stroke)
- Chronic kidney disease
- Certain people with diabetes



# Blood Pressure Medications: The Benefits

	D	BB	ACE	ARB	CCB
Heart Failure	♥	♥	♥	♥	
Heart Attack		♥	♥		
↑ Coronary Risk	♥	♥	♥		♥
Diabetes	♥	♥	♥	♥	♥
Kidney Disease			♥	♥	
Stroke Prevention	♥		♥		



# Blood Pressure Medications: The Risks

- **Common Side Effects:**
  - Dizziness or light-headedness (due to low blood pressure)
  - Dry cough (for certain medications)
  - Urinating more often (for water pills)
  - Ankle swelling (for amlodipine)



# Caution!

- Some non-prescription medications can worsen high blood pressure, for example:



Anti-inflammatories  
("NSAIDs")



Decongestants



Hidden NSAIDs or  
decongestants in  
combination products

- Ask your pharmacist before you buy a product!



# Supplements: Not Always Harmless

Possible interactions with medications

Ask your pharmacist before you buy or take a new supplement!



# Are You Taking 'Baby Aspirin' to Prevent a Heart attack or Stroke?

- If you have never had a heart attack or a stroke, you *may* not need it
- If you've been told to take it, continue
- Talk to a health professional before you stop or start taking baby Aspirin



# Medications: Take Home Messages

1. Medications may be recommended based on your heart risk and medical history
2. Medications are another tool in your toolbox to help reduce your heart risk
3. Ask a healthcare provider if you have questions about your medications
4. Know your medications! Keep an up-to-date list



# Signs of a Heart Attack



## **Chest discomfort**

Pressure, squeezing, fullness or pain, burning or heaviness



## **Sweating**



## **Upper body discomfort**

Neck, jaw, shoulder, arms, back



## **Nausea**



## **Shortness of breath**



## **Light-headedness**

Source: Signs of a Heart Attack. Heath and Stroke Foundation of Canada 2025.

[www.heartandstroke.ca/heart-disease/conditions/heart-attack](http://www.heartandstroke.ca/heart-disease/conditions/heart-attack)



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# Signs of a Stroke

**F**

**Face**

is it drooping?

**A**

**Arms**

can you raise both?

**S**

**Speech**

is it slurred or jumbled?

**T**

**Time**

to call 9-1-1

**Beat stroke, call 9-1-1 FAST**

Source: Signs of a Stroke. Heart and Stroke Foundation of Canada 2025.

[www.heartandstroke.ca/stroke/signs-of-stroke](http://www.heartandstroke.ca/stroke/signs-of-stroke)



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## Questions & Session Evaluation

Check your email or the chat box  
<https://www.surveymonkey.com/r/8WND3FT>





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# Thank You!