Mended Hearts’ mission is “to inspire hope and improve the quality of life of heart patients and their families through ongoing peer-to-peer support, education and advocacy.”

The National Lipid Association’s (NLA) mission is “to enhance the practice of lipid management in clinical medicine.”

The Foundation of the NLA’s mission is “to improve the welfare of patients and families affected by cholesterol and triglyceride problems.”
Beyond the Numbers
Lipid Control Webinar Series

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Staying Healthy in the Era of COVID-19

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Financial Disclosures

• Nothing to disclose
This is an opportunity to emphasize prevention and cardiovascular health
Heart disease is the **leading cause of death** for men and women in the United States.

- Hypertension or high blood pressure
- Diabetes
- Smoking
- High “bad” cholesterol (LDL cholesterol)
- Obesity
- Physical Inactivity
Individuals with cardiovascular disease or its risk factors are particularly vulnerable to COVID-19 and can have worse clinical outcomes.

Hypertension
Diabetes
Obesity
BIO
Physical Health

PSYCHO
Mental Health

SOCIAL
Relationships
BIO

Physical Health
American Heart Association’s Life’s Simple 7®

The American Heart Association’s “Life’s Simple 7”

- Stop Smoking
- Get Active
- Control Your Cholesterol
- Manage Blood Pressure
- Eat Healthy
- Lose Weight
- Reduce Blood Sugar
Getting/ Staying Active

≥150 mins/ week of moderate or ≥75 mins/ week if vigorous physical activity

Walking 10,000 steps or ~ 5 miles/ day

2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease
How to meet the goal

- 30 mins/ day x 5 days a week of moderate intensity activity
- 25 mins/day x 3 days a week of vigorous intensity aerobic activity
- Do something active every day
- Staying active has long-term beneficial effects on blood pressure, cholesterol levels, weight loss, and stress levels.

https://www.lipid.org/sites/default/files/tearsheet_physicalactivity.pdf
Moderate intensity aerobic activity

- Brisk walking
- Light-effort bicycling (10-12 mph)
- Yoga
- Zumba
- Dance
Vigorous aerobic activity
- Hiking on trails with steeper incline
- Jogging
- Fast bicycling (14-16 mph)
- Singles tennis
# Healthy Eating

2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease

<table>
<thead>
<tr>
<th>COR</th>
<th>LOE</th>
<th>Recommendations</th>
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<tbody>
<tr>
<td>I</td>
<td>B-R</td>
<td>1. A diet emphasizing intake of vegetables, fruits, legumes, nuts, whole grains, and fish is recommended to decrease ASCVD risk factors. $^{53.1-1-53.1-11}$</td>
</tr>
<tr>
<td>IIa</td>
<td>B-NR</td>
<td>2. Replacement of saturated fat with dietary monounsaturated and polyunsaturated fats can be beneficial to reduce ASCVD risk. $^{53.1-12,53.1-13}$</td>
</tr>
<tr>
<td>IIa</td>
<td>B-NR</td>
<td>3. A diet containing reduced amounts of cholesterol and sodium can be beneficial to decrease ASCVD risk. $^{53.1-1-53.1-16}$</td>
</tr>
<tr>
<td>IIa</td>
<td>B-NR</td>
<td>4. As a part of a healthy diet, it is reasonable to minimize the intake of processed meats, refined carbohydrates, and sweetened beverages to reduce ASCVD risk. $^{53.1-17-53.1-24}$</td>
</tr>
</tbody>
</table>
Fruit
- Choose whole fruit instead of juice, especially if your triglycerides are high.
- Apples, apricots, mangoes, nectarines, oranges, peaches, pears, plums, and strawberries are high in soluble fiber.

Beverages
- Choose water as your main beverage throughout the day.
- Moderate amounts of coffee or unsweetened tea are acceptable.
- Limit sugar-sweetened beverages and fruit juice, or avoid these drinks completely, if you have high triglycerides or want to lose weight.

Dairy or Dairy Alternatives
Choose fat-free or 1% milk products or calcium-fortified soy milk.

Accent Your Meals with Heart-Healthy Fats
- Use vegetable oils in cooking like canola, corn, olive, and safflower.
- Include a small handful of nuts 4 times a week.
- Avocados have healthy fats and are a good source of soluble fiber.

Flavor Your Food with Herbs and Spices to Reduce the Need for Salt
- Many herbs and spices have antioxidant and anti-inflammatory properties and may help prevent some diseases.
Tips for Planning Heart-Healthy Meals

Use a 9-inch plate to help with portion control.

Fill ½ your plate with non-starchy vegetables of a variety of colors.
- Vegetables are low-calorie nutrient powerhouses.
- Eating more vegetables helps you feel full and supports healthy weight.
- Many vegetables are good sources of soluble fiber like broccoli, Brussels sprouts, and kale.

Fill ⅛ of your plate with lean meat or plant protein sources.
- Choose lean protein foods, like fish, poultry without skin, lean cuts of red meat, or plant-based protein like soy or legumes (lentils, split peas, and black, kidney, and pinto beans), to reduce your intake of saturated fat.
- Eat seafood, especially oily fish, at least two times a week.
- Lean protein foods help you feel full, which can help you maintain a healthy weight.

Fill ¼ of your plate with whole grains or starchy vegetables.
- Include at least 3 servings each day of whole grains like oats, whole-wheat breads, quinoa, and brown rice.
- Starchy vegetables include green peas and legumes, potatoes, sweet potatoes, yams, corn, and winter squash.
- Keep portions to 1/3 - 1/2 cup.
- Sweet potatoes, legumes like pinto beans and lentils, and grains like oats and barley are high in soluble fiber.

Choose healthy cooking methods like grilling, baking, or broiling.
Lowering bad cholesterol and triglycerides

• To lower your low-density lipoprotein (bad) cholesterol:
  • Reduce saturated fat intake by eating lean meats and low-fat dairy products.
  • Replace saturated fats i.e. butter & coconut oil with healthy fats i.e. canola oil, olive oil, avocados, and nuts and seeds.
  • Limit cholesterol intake to <200 mg/ day by limiting egg yolks to 2-4 a week and cutting back on red meat.

• Avoid sugary beverages and reduce intake of sugary foods to help lower triglycerides and achieve a healthy weight.
Hearty Healthy Recipes

Hass Avocado Board Certified Recipes

- Avocado and Banana Overnight Oats
- Avocado and Grilled Veggie Torta
- Avocado and Mango Kick- Starter Smoothie
- Avocado Banana Pancake Stacks
- Avocado Berry Smoothie
- Avocado Bibimbap
- Avocado, Black Bean and Corn Salsa
- Avocado Poke Bowl
- Avocado, Shrimp, Spinach and Mango Salad
- Breakfast Toast with Cottage Cheese and Avocado
- Chipotle Avocado Stuffed Cherry Tomatoes
- Chocolate Avocado Energy Bars
- Citrus Cumin Marinated Chicken Salad with Avocados
- Creamy Avocado Tomato Soup
- Creamy Sweet Potato Avocado Soup
- Fiesta Chile and Avocado Mini Frittatas
- Fresh Fruit and Sweet Pepper Salad with Avocado Dressing
- Frozen Avocado Banana Paleta
- Gluten-Free Avocado Chocolate Pancake
- Grilled Chicken Breasts with Fresh Avocado Chimichurri Sauce
- Grilled Chicken Flatbread with Avocado Yogurt and Chopped Salad
- Grilled Salmon Tacos with Avocado Cabbage Carrot Slaw
- Kale Avocado Salad With Roasted Carrots
- Oven-Roasted Salmon With Avocado Citrus Salsa
- Slow Cooker Avocado Lime Chicken Soup
- Smoky Avocado Quinoa Breakfast Bowl
- Vietnamese Avocado Zoodle Salad Bowl

Engage Children in Exercise & Healthy Eating

• 13.7 million (18.5%) of children and adolescents ages 2-19 are obese

• Obese children are at higher risk for other chronic health conditions: asthma, sleep apnea, bone and joint problems, and type 2 diabetes

• Children with obesity have more risk factors for heart disease than their normal-weight peers- high blood pressure and high cholesterol

www.cdc.gov
CENTRAL ILLUSTRATION: Promoting Health in Children: Factors and Components of Effective Interventions

# Healthy Children - Physical Activity

## Physical Activities by Age

<table>
<thead>
<tr>
<th>Infants</th>
<th>Toddlers</th>
<th>Preschoolers</th>
<th>Elementary students</th>
<th>Middle schoolers</th>
<th>Teenagers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tummy time while awake.</td>
<td>Neighborhood walks or free play outside.</td>
<td>Tumbling, throwing, &amp; catching.</td>
<td>Free play and organized sports focused on fun.</td>
<td>Activities that encourage socialization. Avoid specializing in one sport.</td>
<td>Activities that encourage socialization and competition, when appropriate.</td>
</tr>
<tr>
<td>30+ minutes throughout day.</td>
<td>3+ hours throughout day.</td>
<td>3+ hours a day, including 1 hour of moderate to vigorous activity.</td>
<td>60+ minutes of activity most days. Muscle/bone strengthening activities 3 days a week.</td>
<td>60+ minutes of activity most days. Muscle/bone strengthening 3 days a week.</td>
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</tr>
</tbody>
</table>
Fitness can be Fun!

• Go outside! Play in the backyard, walk, go for a bike ride, rollerblade etc.
• Have a dance party!
• Family fitness challenge!
• Teens can virtually work-out with friends
• Limit sedentary/ screen time

https://www.lipid.org
Healthy Eating

- Cook healthy meals together
- Schedule snack times and stock up on healthy snacks to prevent overindulging or constantly grazing
- Fruits, vegetables, and whole grains
- Avoid sugary beverages
- Hydrate
Maintain Healthy Routines

Medication Adherence

Continued communication with care providers

Telemedicine opportunities
What is Telemedicine?

Real-time, audio-video communication tools that connect physicians and patients.

Remote patient-monitoring tools i.e. blood pressure monitors, wearable devices that can communicate biometric data, etc.
Stay Connected!

- Complete workout routines virtually with friends and family
- Incorporate friends & family into a fitness challenge
- Cook heart healthy meals as a family, do a recipe swap, and try new recipes
- Cooking with children allows for family bonding and the opportunity to teach them new skills
- Share thoughts and experiences, play virtual games, or start a virtual book club.
Tips for Mental Wellness

- Try to keep a daily routine
- Set a schedule for the day or week that includes a mix of pleasurable and productive activities
- Try to keep a balance of physical, social, and work-related activities
It is OK to feel frustrated

You are not alone.

Reach out to friends and family for support.

If more serious feelings of depression or anxiety arise, contact your healthcare provider for assistance.
Substance Abuse & Mental Health Services Administration

SAMHSA’s Disaster Distress Helpline
Toll-Free: 1-800-985-5990 (English and español)
SMS: Text TalkWithUs to 66746
SMS (español): “Hablanos” al 66746
TTY: 1-800-846-8517
Website [English]: http://www.disasterdistress.samhsa.gov
Website [español]: https://www.samhsa.gov/find-help/disaster-distress-helpline/espanol

SAMHSA’s National Helpline
Toll-Free: 1-800-662-HELP [24/7/365 Treatment Referral Information Service in English and español]
Website: http://www.samhsa.gov/find-help/national-helpline

National Suicide Prevention Lifeline
Toll-Free [English]: 1-800-273-TALK (8255)
Toll-Free [español]: 1-888-628-9454
TTY: 1-800-799-4TTY (4889)
Website [English]: http://www.suicidepreventionlifeline.org
Website [español]: http://www.suicidepreventionlifeline.org/gethelp/spanish.aspx

Treatment Locators

Behavioral Health Treatment Services Locator Website:
https://findtreatment.samhsa.gov

FindTreatment.gov
For help finding treatment 1-800-662-HELP (4357)
https://findtreatment.gov/

SAMHSA Disaster Technical Assistance Center
Toll-Free: 1-800-308-3515
Email: DTAC@samhsa.hhs.gov
Website: http://www.samhsa.gov/dtac

We are in this together!
For additional questions, please email: Andrea.baer@mendedhearts.org

Join us for the next session of the series:

**Statins: Who, What, Where, When, Why? Lessons Learned from Each Other**
June 15, 2020 at 3:00 PM EST
You can register at www.mendedhearts.org

This webinar series is brought to you by Mended Hearts, The National Lipid Association (NLA), and The Foundation of the NLA.
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