

Promoting a Healthy Lifestyle



There are many factors that increase the likelihood of you having another heart attack. Many of these risk factors can be controlled. These risk factors include, but are not limited to:

- Smoking
- High Blood Pressure
- Overweight/Obesity
- Diabetes
- High Cholesterol
- Metabolic Syndrome diagnosis
- Poor Diet
- Stress

Decreasing your risk of heart attack depends largely on your lifestyle. By taking action you can significantly reduce your chance for a second heart attack. We recommend the following actions to reduce your risks and get you started on the path to better health.

Quit Smoking

Quitting smoking will improve your heart health. Smoking has many harmful health effects:

- Increases your heart rate and blood pressure
- Decreases the oxygen supply to your heart muscle
- May cause damage to the walls of your arteries
- Lowers your good cholesterol (HDL)
- May cause your heart to beat too fast, too slow, or irregularly

Quitting smoking is the single most important step you can take to enhance the length and quality of your life.

Your hospital stay is a good time to create a plan to become tobacco-free.

It is never too late to quit smoking. Your hospital stay is a good time to create a plan to become tobacco-free.

- Get expert assistance. Contact MHealthy Tobacco Consultation Service at (734) 998-6222, quitsmoking@med.umich.edu, or ask your nurse to place a consult with them.
- **Other resources:**
 - > The Michigan Tobacco Quitline: **1-800-QUIT-NOW**
 - > The Truth Initiative: www.becomeanex.org
 - > US Department of Health and Human Services: www.smokefree.gov

Motivations to Quit

A crucial part of quitting smoking is staying motivated. As you take on the challenge of quitting, you need to understand the benefits you'll get when you kick the habit. Benefits from quitting include:

- Improvement in your health- as soon as you stop smoking your body begins to repair itself.
- Money savings- smoking is expensive.
- Being a positive role model for your children or grandchildren.
- More energy and more money to spend on your family.
- Protecting your friends and family from harmful secondhand smoke.

The decision to quit smoking is one that only you can make. Others may want you to quit, but the real commitment must come from you. Consider these benefits to move your motivation along!

How can I quit smoking?

You can quit with a strong desire and by following a plan. Below are helpful tips to help you get ready to quit.

Getting ready:

- Set a quit date
- Begin to decrease the amount of tobacco you use
- Tell family, friends, and co-workers you are quitting and ask for their support
- Begin an exercise program
- Stock up on healthy meals and snacks

On and after your quit date:

- On your quit date, get rid of all tobacco related items
- Avoid alcohol
- Avoid second-hand smoke
- Keep busy with projects, hobbies, pleasurable activities, etc.
- When stressed, take a few deep breaths
- Get plenty of rest
- Drink water
- Pamper yourself

Medications can help you quit

Medications used to quit smoking can double your chances of quitting for good. Below are some helpful tips to help you use them correctly:

- If you choose to use the nicotine patch, nicotine gum, nicotine lozenge, nicotine inhaler, or nicotine nasal spray, begin using on your quit date and use as prescribed by your doctor.
- If you choose to use Varenicline or Bupropion hydrochloride, contact your doctor two weeks prior to your quit date for a prescription and use as prescribed by your doctor.
- Ask your doctor or nurse how to use these medications.

Control blood pressure

High blood pressure can put added stress on your heart and arteries and lead to blockages in your arteries.

The table below shows what a healthy blood pressure is:

	Systolic (top number)		Diastolic (bottom number)
Normal	Less than 120	AND	Less than 80
Elevated	120-129	AND	Less than 80
Stage 1 Hypertension	130-139	OR	80-89
Stage 2 Hypertension	>140	OR	>90

To control your blood pressure, it is important to:

- Get your blood pressure checked on a regular basis
- **Do not** stop taking any blood pressure medication unless your physician tells you to
- Follow all of your doctor's orders
- Follow a low salt diet and avoid adding salt to your food (find more information in the Diet section - page 51)
- Exercise regularly and lose weight if needed (find more information in the Activity section - page 60)

Use relaxation techniques to decrease stress (find more information in the *Understanding Your Emotions* section - page 41)

Control weight

Extra weight puts added strain on your heart and raises your blood pressure. It is important to control your weight. However, do not begin a weight loss program without talking with your doctor. Find more information on how you can control your weight in the Diet and Activity sections (pages 51 and 60).

Control diabetes

Diabetes directly affects your heart and blood vessels. Good control of your blood sugar is important to help with wound healing and preventing infection. It is important to follow a strict diet to try to reduce the amount of damage to your vital organs. If you have any questions about a proper diabetic regimen, please ask your nurse or hospital dietician for diabetic diet education materials. Dieticians can help you choose healthy foods and develop meal plans to promote blood sugar control.

Control cholesterol

High cholesterol can lead to increased plaque in your arteries which can slow or block the blood supply to your heart. There are 2 kinds of cholesterol: LDL and HDL. LDL causes plaque, while HDL helps reduce it. Find more information on how you can change your diet to reduce your cholesterol in the Diet section (page 51).

Control metabolic syndrome

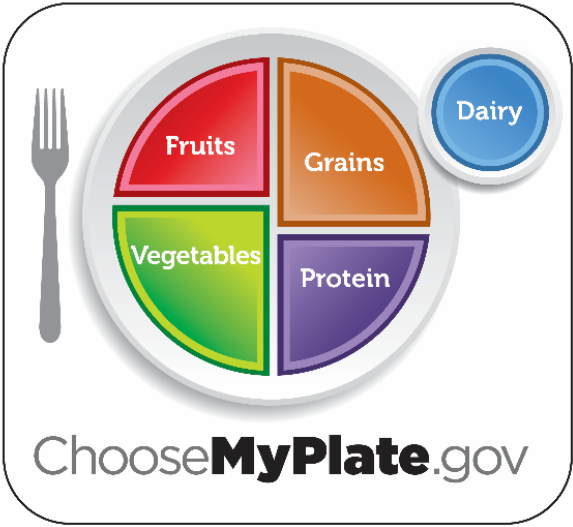
Metabolic syndrome is a group of risk factors that can place people at a higher risk of heart disease, stroke, and diabetes. Some of the contributing risk factors are:

- High blood pressure
- High blood sugar
- Unhealthy cholesterol
- Excess abdominal fat

By making aggressive lifestyle changes, you can reduce your risk of heart disease, stroke, and diabetes.

Heart Healthy Eating

Many heart disease risk factors are linked to what and how much you eat. Choosing healthier options, more often, can help you improve blood pressure, cholesterol and overall lead to better health. Healthy changes can also contribute to weight loss or maintaining a healthy weight. Additionally, healthy eating can help manage diabetes if you have it. Take a look through the following information to start making steps towards a heart healthy diet **without giving up all the foods you love!**







First, let’s start by thinking about where you are in terms of healthy eating. Have you started making changes? Do barriers get in your way? Take a moment to think about why you want to eat healthier, what usually gets in your way, and ways you can set yourself up for success despite these barriers.

Motivation to eat healthier:	
Barriers to change:	
Strategies to overcome barriers:	


What is a healthy eating style?

The right mix of food is just as important as how much you eat! The key is choosing a variety of foods and beverages from each food group- and making sure that each choice is limited in saturated fat, sodium, and added sugars for heart health. Start with one change at a time and monitor your progress to reach your heart healthy goals! On the following pages are the food group targets for a 2,000 calorie* diet.

Below are the food group targets for a 2,000 calorie* diet:

Food	Equivalents	Amount per day	What are your food choices?	Did you reach your goal?	If not, what could you change to reach it?
	1 cup vegetables count as <ul style="list-style-type: none"> • 1 cup raw or cooked vegetables • 2 cups leafy salad greens • 1 cup 100% vegetable juice 	2 cups			
	1 cup of fruits counts as <ul style="list-style-type: none"> • 1 cup raw/cooked fruit • ½ cup dried fruit • 1 cup 100% fruit juice • 1 small apple • 1 large banana, orange, peach, etc. 	2 ½ cups			
	1 ounce of grains counts as <ul style="list-style-type: none"> • 1 slice bread • 1 ounce ready-to-eat cereal • ½ cup cooked rice, pasta, or cereal 	6 oz. (Aim for at least half to be whole grains)			
	1 ounce of protein counts as <ul style="list-style-type: none"> • 1-ounce lean meat, poultry, or sea-food • 1 egg • 1 Tbsp peanut butter • ¼ cup cooked beans or peas • ½ ounce nuts or seeds 	5 ½ oz.			

***Go to www.choosemyplate.gov/MyPlate-Daily-Checklist to find out your personalized food group targets**

 <p>Dairy</p> <p>ChooseMyPlate.gov</p>	<p>1 cup of dairy counts as</p> <ul style="list-style-type: none"> • 1 cup milk • 1 cup yogurt • 1 cup fortified soy beverage • 1 ½ ounces natural cheese or 2 ounces of processed cheese 	<p>3 cups</p>			
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Can fats be part of a healthy diet?

Yes, just remember to choose foods that provide “good” fats (mono-saturated and polyunsaturated fats).

- **Monounsaturated fats**
 - > Olive Oil, canola oil
 - > Peanut oils
 - > Avocados, nuts (almonds, peanuts, pecans, pistachios, hazelnut)
- **Polyunsaturated fats/Omega-3 Fats**
 - > Fish (albacore tuna, salmon, anchovies, herring, shad, sardines, Pacific oysters, trout, white fish, catfish, halibut, cod, Atlantic and Pacific mackerel) or Fish Oil (Ask your doctor about a fish oil supplement)
 - > Fish is the best way for your body to absorb polyunsaturated fats/Omega-3 Fats
 - > Flax seeds
 - > Eggs from chickens fed a diet high in flax seeds
 - > Foods fortified with Omega-3
 - > If you are unable to get enough omega-3 by diet alone, you may want to talk to your doctor about supplements.
- **Polyunsaturated fats**
 - > Corn oil, safflower oil, sunflower oil, sesame oil, and soybean oil

Why are Omega-3 Fatty Acids important?

They may reduce the risk of heart disease. The National Heart Association recommends to consume two **4-oz portions** of fatty fish weekly.

Avoid Saturated Fat and Trans Fat

The American Heart Association recommends limiting saturated fats to **less than 5-6%** of total calories (11-13 grams/day on a 2,000 calorie diet).

Saturated fats

- > Fatty meat (beef, pork, lamb), skin of poultry
- > Lard
- > Whole milk, 2% milk, cream and butter
- > Fatty cheese
- > Palm kernel oil, palm oil, coconut oil
- > Cocoa butter
- > Many processed food products



How much sodium can I eat each day?

Reducing the amount of sodium in your diet may help reduce blood pressure, decrease heart failure exacerbation, and prevent fluid retention in the abdomen, legs and arms. The dietary guidelines for Americans recommends limiting salt intake to less than 1,500 mg (milligrams) per day or no more than 2,300 mg.

***1 teaspoon salt = 2,300 mg sodium**

To start: stop adding salt to your food

How can I make food taste good without salt?

- > Use herbs, spices and spice blends in place of salt (ex. Mrs. Dash)
- > Vinegar (dark balsamic, white balsamic, apple cider vinegar, etc.), cooking wine, vinegar/oil salad dressing (low sodium), flavored oils
- > Lemon or lime juice, grated rind, dried lemon or citric acid
- > Purees of bell peppers
- > Low sodium condiment



What Can I Choose Instead?

Use the easy swap out tips below in order to reduce saturated fat and sodium in your meals. Start by making one change a week and then work up to using the ones you like more often. Put a star by the ideas you'd like to try and add additional ideas you have.

	If you often eat these:	Try this instead:
BREAKFAST	Bacon/sausage	Turkey bacon/sausage
	Peanut Butter	Unsalted peanut butter
	Eggs fried in butter	Egg cooked in olive oil or olive oil spray
	Bagel	English Muffin or low sodium bread
	Sweet rolls, muffins, donuts	Raisin toast with jam
	Whole Milk	Nonfat or low-fat milk; soymilk or almond milk
LUNCH	Coleslaw	Salad with vinaigrette, roasted veggies in olive oil and herbs
	Canned soup	Homemade low-sodium soup
	Lunch meat	Roasted turkey or chicken, low sodium tuna
	Chips	Unsalted or lightly salted pretzels, nuts or chips
	Dill Pickles	Cucumber slices with vinegar
DINNER	Ground beef, pork, lamb, skin of poultry, fried meat	Ground turkey, >90% lean ground beef, poultry, cut off fatty pieces, baked or broiled
	French Fries	Roasted potatoes with herbs and olive oil
	Packaged soups, pastas, rice, meals with flavor packets	Dry noodles/rice with olive oil and salt-free seasonings
	Canned beans and veggies	Fresh, frozen, or low-sodium canned vegetables or beans (and/or rinsed)

Start by making one change a week and then work up to using the ones you like more often.

	If you often eat these:	Try this instead:
CONDIMENTS/ SEASONING	Sour Cream	Plain Greek Yogurt
	Cream Cheese	Fat free cream cheese
	Mayo	Avocado (or half the mayo + avocado)
	Salsa	Homemade Pico de Gallo
	Bouillon Cube	Low-sodium or home-made broth
	Salad Dressing	Olive oil, vinegar and herbs
	Canned or bottled spaghetti sauce	Homemade or low-sodium premade sauce
	Processed cheese (American), feta, blue cheese	Natural Cheese, Swiss, Mozzarella, Farmers, Emmental, Wensleydale, Ricotta, Parmesan
DESSERT	Ice Cream	Frozen Yogurt
	Pie	Fruit with Whipped Cream
	Cookies/Brownies	Dark Chocolate square

Tips for Eating Healthy:

- Choose a smaller plate (9-10 inches over 12 inches).
- Use smaller serving utensils.
- Keep the extra food off the table (out of sight, out of mind) at mealtime.
- Keep the salt shaker off the table. Add a little less salt each time you eat in order to gradually reduce the amount you use. (it can take ~2 weeks for your taste buds to adjust).
- Make healthy foods easy to reach and keep less healthy foods out of the house
- When you feel hungry/bored for a snack, try a healthy one first to see if it satisfies you.
- Eat more vegetables- aim for half your plate.
- Enjoy more meatless meals by incorporating dried beans, split peas, lentils, tofu or tempeh in place of meat in dishes.
- Choose lean cuts of poultry/meat (chicken breast, skinless chicken thigh, ground turkey, venison, bison, pork loin chops, beef round or loin over chuck (choice/select over prime)), >90% lean ground beef.
- Eat less processed foods and more whole foods.

What are the recommended serving sizes?



Sources:

<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2000/2000DGBrochureHowMuch.pdf>
<http://www.healthy.arkansas.gov/programsServices/chronicDisease/Nutrition/Pages/ServingSizes.aspx>

www.GuardYourHealth.com

Tips for reading food labels

The food nutrition labels can help you make healthier choices. Here's what to look for:

1 Pay attention to serving size.

The information on the label is based on one serving of the food. A package of food often contains more than 1 serving.

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

2 Limit these nutrients

Fats

Look for foods with no more than 1 gram (g) of saturated fat per serving.

This is the definition of a Low Saturated Fat Food.

Choose foods that have 0g Trans-fat.

Sodium

Eat foods that have no more than 200-300 milligrams (mg) of sodium per serving.

Choose foods that have 140 mg or less of sodium per serving- this is the definition of a Low Sodium Food.

Sugar

Choose foods with less added sugars to decrease the amount of sugar you eat each day.

The goal is to limit your daily added sugar to no more than 25g (6 teaspoons) for women, or 36g (9 teaspoons) for men.

3 Get Enough Fiber

Fiber aids in digestion, helps control cholesterol, blood sugars and body weight.

Foods with 2.5 g Fiber or more per serving are a good

Foods with 5g Fiber or more per serving are an excellent source.

Healthy Eating Out:

- Look for grilled chicken or fish (without breading) instead of fried
- Ask to have your food prepared without salt
- Choose a salad or baked potato instead of fries
- Choose oil and vinegar or vinaigrette for dressings
- Try eating half your meal and package the rest for home
- Ask for sauces/gravies on the side- drizzle or dip in order to use less
- Ask to hold the cheese, or for lower sodium cheese choices such as Swiss
- Look up the menu online before for lower fat and sodium options or talk to the waiter/waitress about available options or accommodations offered

My Healthy Eating Goals:

Take a moment to reflect on the education you just received and choose two or three goals that you would like to work towards. You can start by choosing the ones listed or come up with your own. Then outline a few steps that you can make towards reaching that goal. Remember, little changes can add up to big changes for heart health over time.

Goals:

- Add in fruits and vegetables to my meals/snacks
- Choose lean meats more often than red and processed meats
- Eat out one day less per week
- _____
- _____
- _____

Steps I will take:

Ask your doctor for a referral to an Outpatient Dietitian if you are interested in further help making diet and lifestyle changes

Exercise regularly

After a heart attack, it is important for you to be active every day to help you recover and lower your chance of having additional heart problems. Talk with your doctor or health care provider about how to safely build up your activity.

Why should I exercise?

It will help you:

- Recover better from your heart attack or other heart problems
- Reduce your risk of more heart problems
- Improve your long-term health
- Reduce your stress levels
- Have more energy to move around your home, perform activities of daily living like bathing, dressing, and perform household chores
- Manage your weight more easily
- Improve your cholesterol levels
- Lower your blood pressure
- Manage your blood sugar (glucose) levels if you have diabetes.

What if ...?

... I am a healthy weight and I feel fine already?

As people age, even if they are healthy, they experience a decline in the amount of activity they can do, which leads to decreasing independence and ability to move.

Exercise will help you to continue to feel good and maintain your independence as you age.

Lack of fitness is a big risk factor for cardiovascular disease, even in healthy people.

... I am overweight and have tried to lose weight but I just can't do it?

The rate of death from cardiovascular disease is lower for people who are obese but have a high activity/exercise level, than it is for people who are thin but inactive.

... I already have high blood pressure or high cholesterol or diabetes?

Lack of fitness is a bigger risk factor for cardiovascular disease than high blood pressure, high cholesterol, or diabetes.

... my heart is bad and the doctor says there is nothing to make it better?

Research shows that exercise training in moderate to severe congestive heart failure patients caused deaths (mortality) to decrease by 63% and also decreased hospital admissions by 71%.

Even if you cannot improve your heart, exercise can improve flexibility, strength, balance, and overall function. If the body is stronger, it can do more activity with less stress on the heart.

How soon after a heart attack should I start exercising?

We recommend you wait until you've started cardiac rehabilitation. It is important to have an assessment appointment with a cardiac rehabilitation specialist. During this appointment the specialist will take your medical history, do a physical exam, and perform testing to determine the best exercise program for you.

If you received prompt treatment after a heart attack, you may feel better quickly and want to get back to your normal physical activity. You must remember your heart is still healing and it needs time to recover.

How do I start getting active after a heart attack?

Returning to exercise after a heart attack can be challenging or anxiety provoking. The key to becoming more active is to do a little more activity each day, and gradually build up how long you exercise for and how often. Take small steps to gradually build up what you do. A cardiac rehabilitation program will provide you with the support you need to get on a heart healthy path.

**You must remember your heart is still
healing and it needs time to recover.**

What type of exercise can I do after a heart attack?

A variety of exercises are recommended by the American Heart Association (AHA):

- **Aerobic Activity**- exercise that increases your heart rate and breathing rate, but still allows you to carry on a conversation. Some good examples include: walking, biking, swimming, using a Nustep®.
- **Muscle-Strengthening Activity**- weight- bearing exercises that use free weights, machines or your body's own resistance.
 - > Weight Lifting
- **Stretching**- decreases muscle soreness after activity and increases your flexibility.

How much exercise can I do after a heart attack?

The American Heart Association recommends the following:

Aerobic Activity

- At least 30 minutes of moderate-intensity aerobic activity at least 5 days per week for a total of 150 minutes
- OR**
- At least 25 minutes of vigorous aerobic activity at least 3 days per week for a total of 75 minutes
- OR**
- A combination of moderate- and vigorous-intensity aerobic activity

Muscle-Strengthening Activity

- At least 2 days per week of moderate-to high-intensity muscle strengthening activity for additional health benefits.
 - > **Weight Training**
 - Do not do 2 days in a row, alternate days.
 - Aim for high repetitions (reps) with light weights.
 - Start with 1 set of 10 reps per muscle group (legs, back, chest, shoulders, and arms).
 - Strength training should only be done after some form of aerobic warm-up.
 - Do not hold your breath while lifting weights. Keep breathing!

Stretching

- Stretch after you finish all aerobic or strengthening activities.
- Hold each stretch for up to 30 seconds (as tolerated) without moving.
- Do not hold your breath while stretching. Keep breathing!

What are easy ways I can add more activity into my daily life?

- Each time you go to the bathroom, take a lap around your house
- Park your car further away and walk to the store
- Take the stairs instead of the elevator
- Go for a walk around your neighborhood after dinner
- Walk to see your coworker instead of calling or emailing them
- Do something active during commercial breaks
- Try workout videos on YouTube
- Walk around a museum, instead of going to the movies

What else should I know before exercising?

Talk to your doctor before starting an exercise program.

Exercise may result in fluid loss (dehydration), so drink fluids to prevent low blood pressure after exercise. Patients on fluid restriction should ask for more specific advice from their doctor.

If you have any of these symptoms before or during exercise, stop exercising immediately and contact your doctor:

- Chest pain
- Rapid heart rate
- Shortness of breath
- Lightheadedness
- Anything that feels different than usual

The goal is to exercise for **time** not for intensity.

What are 2 exercise goals you have, and how can you start working on them?

Example

Goal:

I will walk for 30 minutes per day

How will you reach this goal?:

I will walk my dog in the morning (15 minutes); I will only take the stairs at work (5 minutes); I will walk around the block after dinner (10 minutes)

Goal 1:

How will you reach this goal?:

Goal 2:

How will you reach this goal?:

