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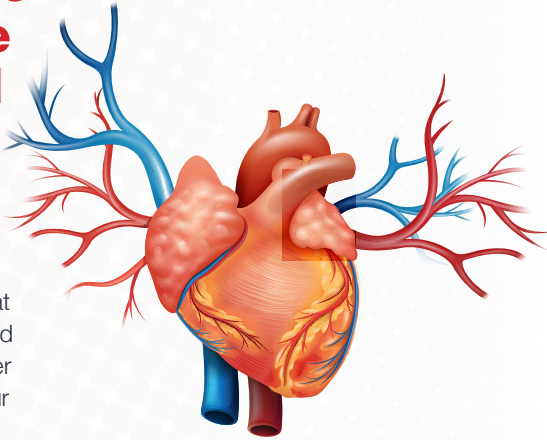


Take care of your  
**HEART**

**LOGO**

## Take some time to learn to take care of your heart and it will be with you for many more years

The heart is a very powerful muscle that works like a pump to transport the blood that feeds and oxygenates every corner of the body. It works tirelessly during our entire life.<sup>1</sup>



## The importance of keeping a healthy heart

Modern life may sometimes make it hard to find time to exercise,<sup>2</sup> but the fact remains that sustained physical inactivity is not good for your health.<sup>3</sup>

**6%**

of deaths in the world are attributable to physical inactivity.

**5%**

of deaths in the world are attributable to overweight and obesity.

Your risk of developing several chronic diseases is higher if you stay inactive. Inactivity has been estimated to be responsible for:<sup>3</sup>

**21-25%**

of cases of breast and colon cancer.

**27%**

of cases of diabetes.

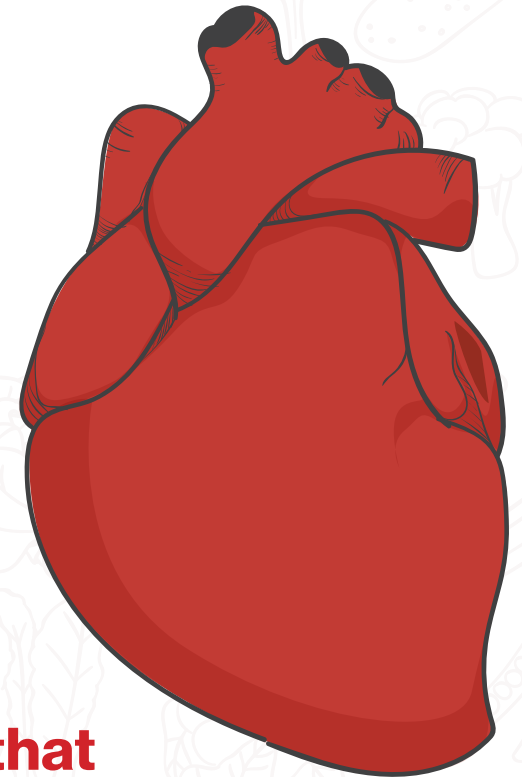
**30%**

of cases of ischaemic heart disease.



## HOW CARDIOVASCULAR DISEASE DEVELOPS

High blood pressure overexerts the heart, with the result that organs might not receive enough blood. This condition can worsen if fat deposits narrow the arteries or harden their walls.<sup>4</sup>



**It is essential that you follow the dosing schedule prescribed by your doctor**

## WHAT ARE FATS GOOD FOR?

Your body needs fat in order to keep its temperature, build cells, absorb and transport some vitamins, produce several hormones, store energy, and cushion the impact of movement on your organs.<sup>5-7</sup> A wholly fat-free diet would not be good for you.<sup>7</sup> In fact, recent studies have proved that a healthy diet has carbohydrates, proteins, and fat.<sup>5-7</sup>

But excessive fat is also dangerous. The accumulation of fat deposits in the arteries may obstruct the flow of blood and endanger a variety of vital functions. The key is to choose the least harmful fats and to consume only the amount you need.<sup>5-7</sup>

## SIMPLE CHANGES IN YOUR DIET

Here you will find some simple tips to change your daily diet into a healthy one.

**Remember that the recommended amount of calories per day for an adult is 2000.**

### BREAKFAST

- Replace butter with margarine.<sup>5</sup>
- Change your regular bread for whole-grain bread. Do the same with pasta, toasts, crackers, and cereal for breakfast.<sup>18</sup>
- Choose skim milk, cheese and yoghurt.<sup>5,7,9</sup>
- Eggs are high in dietary cholesterol and possess nutritional benefits that may help keeping a good cardiovascular health.<sup>10</sup>

### SNACK

- For the occasional snack crave, you can replace candies with nuts and soda with water.<sup>7</sup>
- Instead of cakes, celebrate with fruit dishes.<sup>7</sup>

**It may be difficult to put in practice all these changes when eating out, but many restaurants are willing to grant this kind of requests.<sup>5</sup>**

- Ask for your fast food to be accompanied with chicken or salad instead of fried dressings.<sup>5</sup>

### LUNCH AND DINNER

- Every meal should include a serving of fruits and vegetables.<sup>11</sup> The more colours you see on your plate, the more complete your food will be.<sup>18</sup>
- Replace fries, fried chicken, fried plantain, and fried eggs with boiled potatoes, grilled chicken, baked plantain and hard-boiled eggs.<sup>5</sup>

### WHEN COOKING

- Whenever you purchase meat, ask for lean cuts, skinless chicken, or prefer fish. Remove the fatty portion from red meats.<sup>15,7,11</sup>
- Add some flavour with herbal condiments and use less salt.<sup>9,11</sup>
- Cook using liquid oils instead of solid fats (lard, suet).<sup>6,7,11</sup>
- Avoid creamy desserts sauces, and mayonnaise as much as possible.<sup>5</sup>

**Every meal must include a serving of fruits and vegetables.<sup>17</sup>**

## The smart WAY TO EAT FATS

There are three types of fats. However, not all of them are healthy. The following table shows the different types of fats and their pros and cons.

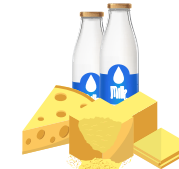


### UNSATURATED FATS

These are the healthiest because they may help lower LDL cholesterol.<sup>6</sup>

**These fats** should replace saturated fats in your diet whenever possible.<sup>6</sup>

You can find these fats in nuts, seeds, fish, and vegetable oils.<sup>6</sup>



### SATURATED FATS

Saturated fats should be consumed less often since they can raise your LDL cholesterol.<sup>6</sup>

**These fats** are found in meats, poultry, dairy products, most chips, stick butter or margarine, and packaged cookies, cakes, and pastries.<sup>6</sup>



### TRANS-FATTY ACID FATS

These are the worst fats in our diet. Research has found trans fats are not heart-healthy fats.<sup>6</sup>

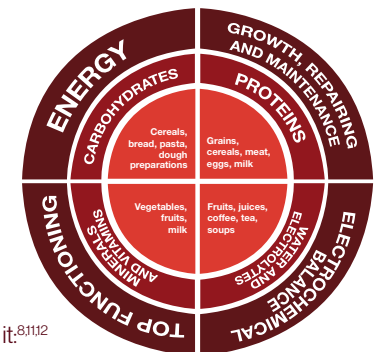
**These fats** can be found in processed food.<sup>6</sup>

As years have passed, we have learned that the idea of reducing fat in the diet is an efficient way to cut calories, without eating less, is actually wrong. A diet designed for losing weight should reduce calories without removing fats.<sup>6</sup>

The United States National Academy of Medicine notes that the acceptable range for fat consumption among adults is 20 to 35 percent of the total calories of the diet. For an adult consuming a 2000-calorie diet, the range would be between 45 and 78 grams of fat per day.<sup>6</sup>

## A HEALTHY DIET

You can start improving your health right now if you know what your body needs and how to provide for it.<sup>8,11,12</sup>





# PHYSICAL ACTIVITY

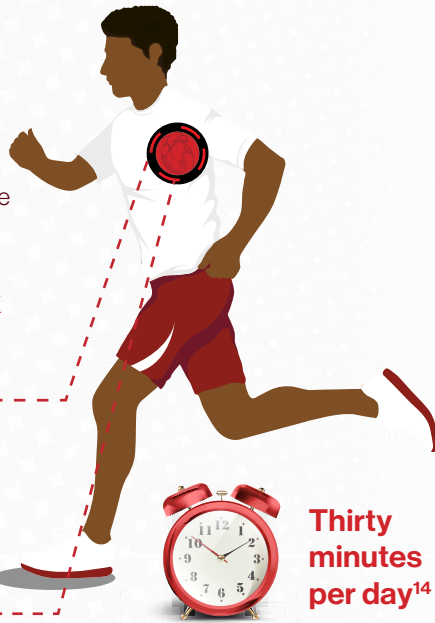
Regular physical activity, either as dedicated exercise or as ordinary daily tasks, will help reduce the risk of several cardiovascular conditions.<sup>2,3</sup>

**2.5 HOURS OF MODERATE EXERCISE EVERY WEEK WILL REDUCE YOUR RISK OF DEVELOPING CORONARY HEART DISEASE BY**

**30%<sup>2</sup>**

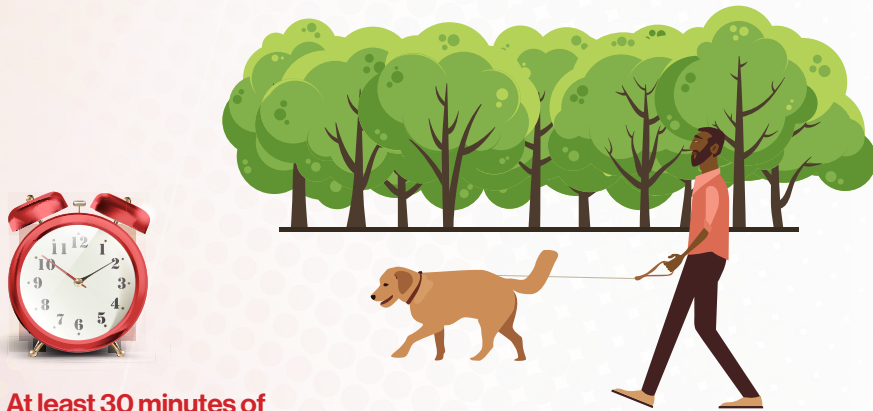
**WALKING 2 HOURS EVERY WEEK WILL REDUCE YOUR RISK OF PREMATURE CARDIOVASCULAR DEATH BY**

**50%<sup>2</sup>**



Probably you are already familiar with daily activities (cleaning the house, tidying up the garden, walking to the office, dancing) that involve physical effort and count as exercise.<sup>2,3</sup>

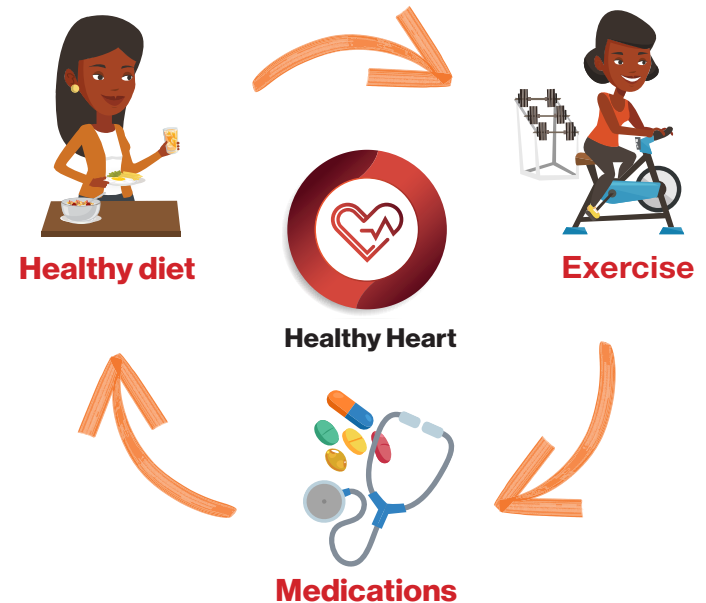
Even if you already have some risk factors, by exercising you will be more protected than someone with risk factors who is sedentary.<sup>2</sup> Besides, it will help you control your weight, give you strength and flexibility, strengthen your heart and improve your mood.<sup>3</sup>



**At least 30 minutes of moderate-intensity aerobic activity at least 5 days per week for a total of 150 minutes a week.<sup>13</sup>**

# STAY OBSERVANT!

Besides lifestyle changes, your doctor may give you medications to protect your heart. These medications are just a complement of a healthy diet and an active body to help prevent the development of cardiovascular disease.



Just as important as sticking to these new habits, it is essential for your health that you follow the dosing schedule prescribed by your doctor. You can draw from the same discipline that helped you keep a healthy diet and use it to stay on your medication. You'll be less likely to miss a dose once you have established a steady habit of taking care of yourself.<sup>14</sup>

**It is essential that you follow the dosing schedule prescribed by your doctor.**