

healthy hearts

The Low-Down On Heart Disease: Most heart disease occurs when the arteries become blocked and blood can not flow to the heart, brain and other vital organs in the body. The arteries become blocked with fatty materials containing cholesterol which build up on the inner wall of the arteries and form plaques. It is this build up of plaque that causes restricted blood flow which can lead to heart attack, stroke and angina.

Facts About Heart Disease

- Heart disease is the largest single cause of death in Australia
- Heart disease affects around 3.67 million Australians
- Each year around 40,000 Australians have a stroke
- In 1996, 7% of heart disease deaths were attributable to overweight and obesity



Risk Factors

You are more at risk of being affected by heart disease if you:

- are overweight
- do not exercise
- have high cholesterol
- have high blood pressure
- smoke
- have diabetes

The SureSlim program can help to modify some of these risk factors by helping to reduce body weight which can improve blood cholesterol and blood sugar levels.

Physical Activity

Physical activity should be a part of everyone's life! If you do regular exercise you tend to:

- feel more energetic
- manage your weight better
- have healthier blood cholesterol levels and have lower blood pressure
- have better control of your blood sugar levels

What Affects Blood Cholesterol? Cholesterol is needed in the body for making cell membranes and hormones. However, when blood cholesterol levels are too high, there is an increased risk of a range of health problems including heart disease. There are two types of cholesterol in the body: HDL and LDL.

HDL 'good' cholesterol helps to remove excess cholesterol from the body by bringing it back to the liver for disposal.

LDL 'bad' cholesterol transports cholesterol around the body where it can cause an artery blockage or a blood clot.

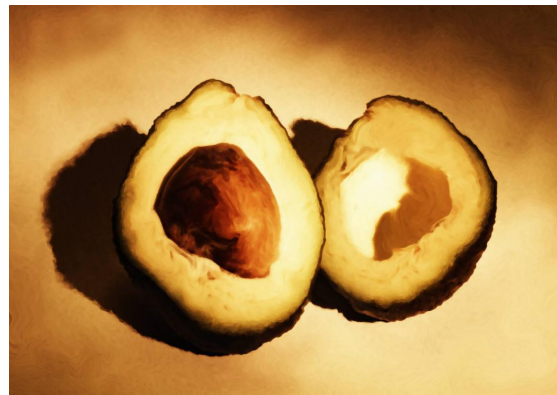
It is important to have higher levels of HDL and lower levels of LDL cholesterol in your body.

Dietary Fats

Your cholesterol levels are largely affected by the type of fat you eat.

Saturated fat – Saturated fats raise total and LDL cholesterol. They also lower levels of good HDL cholesterol. Saturated fat is found in meat, poultry, dairy foods, cakes, biscuits and fast food.

Unsaturated fat – Unsaturated fats lower total and LDL cholesterol. These may be on your program in the form of various oils, nuts, seeds, avocados and fatty fish



The SureSlim program contains a healthy combination of both types of fat which can help to improve your cholesterol levels and lower your risk of being affected by heart disease.

Tips

- Use lean cuts of meat and trim any visible fat
- Consume plenty of unsaturated fats which may be on your program in the form of oils, seeds, nuts, avocado and fish.
- Consume a variety of all the different fruit and vegetables on your program
- Avoid adding salt during cooking. Flavor food with garlic, pepper and chilli instead
- If eating out, choose food that is steamed, baked or grilled

Reference:

<http://www.mydr.com.au>

<http://www.disability.vic.gov.au>

<http://www.freedomfoods.com.au/coeliac>