

The Heart of the Matter

Living a Heart Healthy Lifestyle with Celiac Disease or Gluten Intolerances

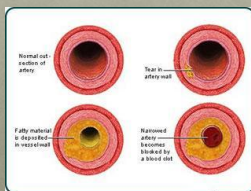


Objectives

- Determine your personal risk factors for heart disease
- Discover why those with Celiac Disease are more at risk for heart disease
- Learn how a gluten-free diet effects heart health
- Gain knowledge of how to minimizing risk factors
- Acquire tools to get started living a gluten-free and heart healthy lifestyle!

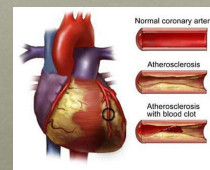
Heart Disease

- Also called Cardiovascular Disease. This refers to:
 - Atherosclerosis
 - Stroke
 - Heart Attack
 - Coronary Artery Disease
 - Heart Failure
 - Dysythmias
 - Peripheral Artery Disease



Heart Disease

- What we know:
 - 1 in 3 people die of heart disease
 - Heart disease is the largest cause of death amongst those with Celiac Disease*
 - Women have different signs than men



Determining your risk factors

- Risk factors
 - Modifiable
 - Non-modifiable
- Know your numbers
 - Blood Pressure (BP)
 - Cholesterol
 - Waist circumference
- Know your lifestyle
 - Sedentary or active
 - Busy or calm

Celiac disease and your heart

- What puts us more at risk than the general population?
- Different cardiovascular issues typically associated with Celiac Disease
 - Myocarditis
 - Atrial Fibrillation
 - Coronary Artery Disease (CAD)
 - Cardiomyopathy
 - Anemia
 - Ischemic Heart Disease
 - Pericarditis

Gluten-free diet

- High in:
 - Fat
 - Sugar
 - Calories
- Low in
 - Iron
 - Fiber
 - B vitamins

Heart Healthy Diet

- High fiber
- Good fats (\downarrow saturated fats, \downarrow cholesterol)
- Lower calories
- Lots of FRESH fruits, vegetables, and lean meats
- Low sodium

How to make it work

- Steps of Change
- Getting in shape – Start with your plate!
- Then move to your refrigerator and freezer
- Then add exercise!

Minimizing risk factors

- Modifiable risk factors
 - Weight
 - Blood pressure
 - Cholesterol
 - Diet*

Tools to build a healthy heart

- Food journal
- Exercise accountability
- Quit smoking
- Regular MD check-ups
- Know your numbers!
- Visual portion reminder
- Strict adherence to gluten-free diet



References

- American Heart Association
 - www.heart.org
 - www.heart.org
- Wei L, et al. *The association between coeliac disease and cardiovascular disease.* Aliment Pharmacol Ther. 2008 Mar 15;27(6):514-9
- European Society of Cardiology (2011). *Increased risk of atrial fibrillation in patients with coeliac disease, a nationwide cohort study.* European Heart Journal. Published online June 8, 2011. Found at <http://m.eurheartj.oxfordjournals.org/content/early/2011/06/07/eurheartj.ehr167.short?rss=1>
- Circulation. 2011; 123:483-490. Published online before print January 24, 2011. May be found at <http://m.circ.ahajournals.org/content/123/5/483.abstract>
- High Mortality in Ischemic Heart Disease. Gunnar Medhagen, Department of Internal Medicine, Skövde Hospital, Skövde, Sweden
- United States Department of Health and Human Services, National Institutes of Health, National Heart, Lung, and Blood Institute www.nhlbi.nih.gov
- <http://www.nhlbi.nih.gov/health/obesity/heart/obesity/wecan/eat-right/><http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/eat-right/distortion.htm>
- <http://hp2010.nhlbi.nih.net/portion/><http://hp2010.nhlbi.nih.net/portion/index.htm>