

## HEART ATTACK

A heart attack happens when the flow of oxygen-rich blood to a section of heart muscle suddenly becomes blocked and the heart can't get oxygen.

### CAUSES

- 1) Inadequate supply of blood and oxygen to the heart is the main reason.
- 2) Atherosclerosis of the coronary artery.
- 3) Arteriosclerosis.
- 4) Sudden emotional upsets.
- 5) Increased triglycerides and cholesterol.
- 6) Sedentary life.
- 7) Obesity.
- 8) Lack of exercise.
- 9) Chronic consumption of alcohol.
- 10) Chronic smoking.
- 11) Drug abuse like - cocaine etc.
- 12) Hypertension.
- 13) Diabetes mellitus.
- 14) Family history.

### DIETARY MANAGEMENT

- 1) Patients with history of heart attack or family history should take following dietary measures to prevent the heart attack again.
  - A healthy diet is low in saturated fat, trans fat, cholesterol, sodium (salt), and added sugars.
  - Cut down salt (common table salt) intake in your diet to avoid hypertension. Intake should not exceed more than 2 to 2.5 gm a day.
  - Avoid foods rich in cholesterol: ground nut oil, ghee, butter, whole milk, eggs, lard (fats derived from pig meat), tallow (fats derived from goat or sheep mutton) - all non-vegetarian food contain cholesterol in varied amount.
  - Avoid non-vegetarian food especially red meat.
  - Increase intake of foods that contain PUFA's (poly unsaturated fatty acids): flax / linseed oil is the richest source of PUFA's. Other oils that contain PUFA's are safflower oil, soybean oil, sesame oil, olive oil. As all oils are high in fats, its consumption should be limited. The intake of oils should not exceed 20gms a day.
  - Sesame oil and almond oil hinders the absorption of LDL (low-density lipoproteins), so it is advisable to use replace other cooking oils by sesame oil.
  - a. Increase your intake of water.
  - b. Consume whole grain cereals and whole pulses.
  - c. Take high fiber diet - whole grains, bran, oat, green leafy vegetables etc.
  - d. Cut down the intake of sugar and other sweeteners.
  - e. Avoid fat-rich portions of flesh foods. Instead have lean meat.
  - f. Avoid fat-rich desserts and fried snacks like cakes, pastries, puddings etc
  - g. Instead of frying food boil, steam, grill or roast food.
  - h. Avoid coffee and caffeinated drinks, junk food - pizza, burgers etc.
  - i. Consume food rich in magnesium.
    - i. Nuts and sea food, green leafy vegetables, sea plants like Japanese sea plants, whole grains, peas, lotus stem, pulses, legumes and oil seeds.

- j. Increase intake of vitamin C, it maintains the elasticity and integrity of the artery walls.
  - i. Citrus fruits, green leafy vegetables, vegetables- cabbage, broccoli, tubers- potatoes and sweet potatoes.
- k. Increase calcium intake:-
  - i. milk and sea food, nuts- ground nuts, walnut, almond and cashew nuts; green leafy vegetables, whole grains, fruits like - custard apple and banana.
  - ii. Peas, lotus stem, pulses, legumes and oil seeds.

#### NOTE

- a. See you doctor for regular heart checkups.
- b. Reduce weight if obese.
- c. Stop smoking and alcohol consumption.
- d. Practicing yoga and breathing exercises plays a very important role in lowering the cholesterol levels.
- e. Do some relaxation techniques like yoga, meditation etc to relieve the stress  
Change your lifestyle to reduce stress-physical or mental.
- f. Do regular exercise or brisk walking for at least 40 minutes.

**NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .**