

Featured Topic: Arteries (5 slides)

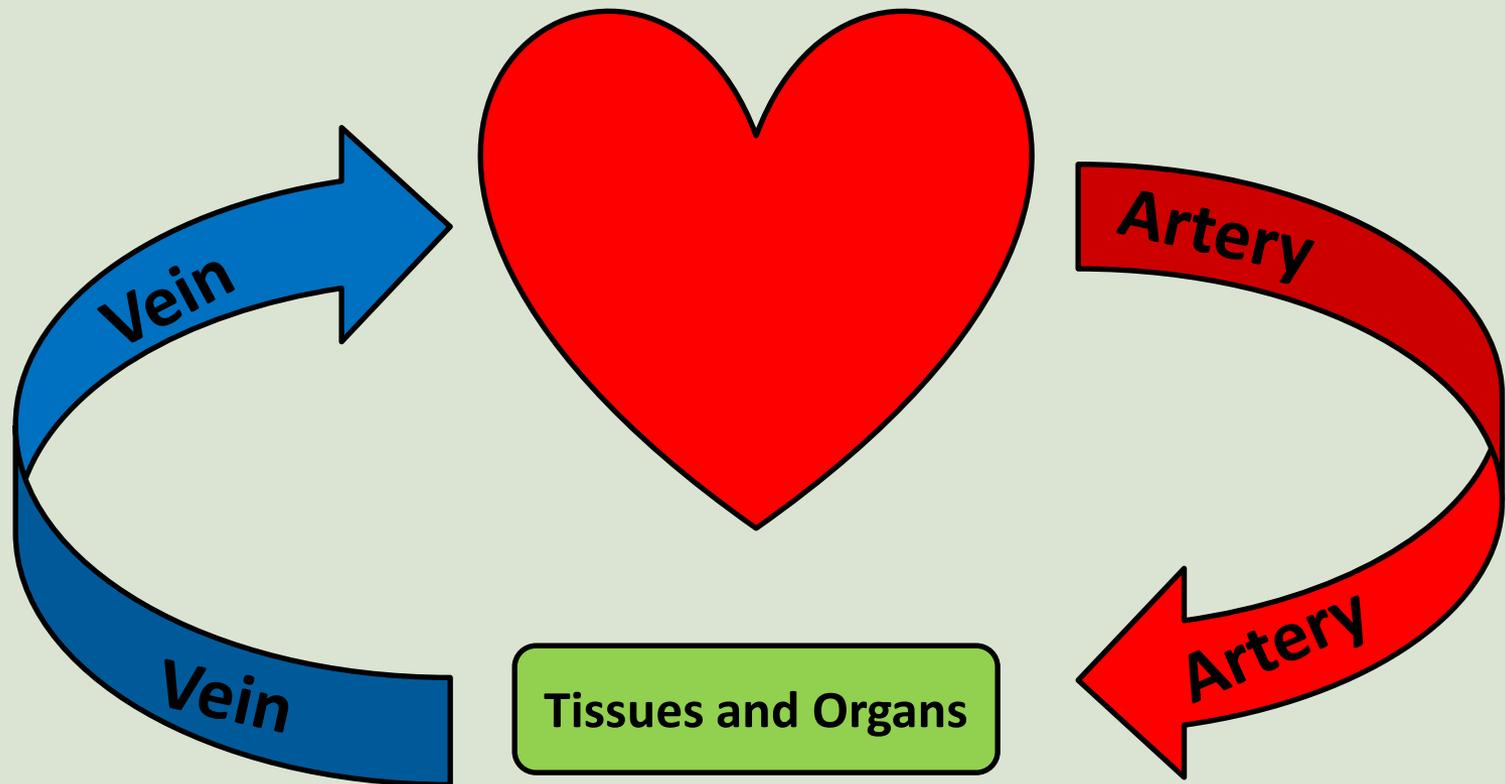
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Arteries are blood vessels

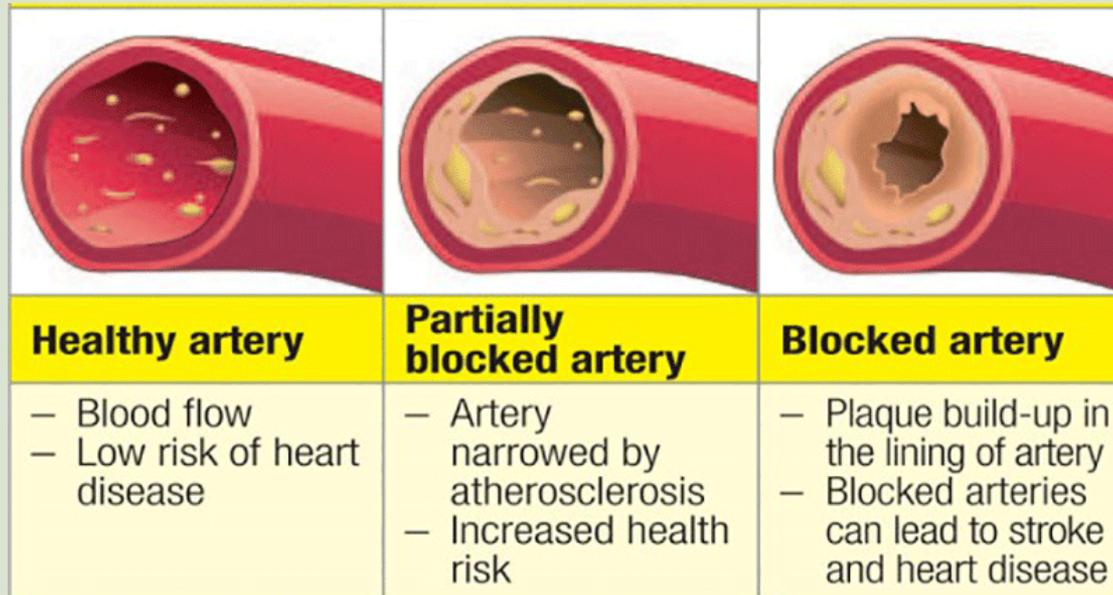
Arteries carry oxygenated blood **away** from the heart

Veins carry oxygen depleted blood **back** to the heart



The diseased artery

- Healthy arteries are like soft, clean, rubber tubes with flexible sides
- Diseased arteries are stiff, thick, and clogged with plaque
- Your diseased arteries mean a 10 times increased risk of health problems such as stroke or heart attack, and a 22% increased risk of death



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Key Vitamins for Healthy Arteries and Hearts

- **Vitamin A** (retinol)
 - Slows the progression of inflammation leading to heart disease
- **Vitamin D3** (cholecalciferol)
 - Keeps arteries flexible and reduces inflammation; blocks a hormone that increases blood vessel constriction (which can lead to increased blood pressure)
- **Vitamin K2** (menaquinone)
 - Helps direct calcium away from blood vessels (where it can be lead to hardening of the arteries or “arterial calcification”) and into bones where it is needed

A Look at the Research

- Five year study of over 400 adults in Australia; those with the **highest plasma retinol (Vitamin A) levels** had the **lowest risk of heart disease**
- Heart disease patients receiving 25,000 IU **Vitamin A as retinyl palmitate** daily versus placebo group - Vitamin A group had a **.87 fold decrease** in markers of inflammation associated with heart disease, while the placebo group had a **1.17 increase** in those same inflammatory markers
- A study of over 26,000 people found that compared to high D levels, those with low D levels had a **41% increased risk of death from heart disease** if they were healthy at the start of the study; if they already had heart disease they has a **65% increased risk of death**
- A diet high in Vitamin K as K2 (menaquinone) has been found to **reduce arterial calcification by 50%, reduce risk of heart disease by 50%, and reduce overall risk of dying by 25%**

What to know

- To keep arteries smooth, flexible, and free of clogs and blockages, take daily a combination of:
 - 10,000 IU vitamin A as retinyl palmitate
 - 5,000 IU of vitamin D3 (cholecalciferol)
 - 45 mcg of vitamin K2 (menaquinone-7)

**Just a Spoonful of Sugar Increases
Cancer Risk
(1 slide)**

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Sugar increases your cancer risk

- Researchers in France collected health and dietary intake information from over 100,000 adults for an 8 year period
- They found a significant link between dietary sugar intake and cancer risk – especially in people who regularly drank 100% fruit juices
- Drinking 100 mL of a sugary drink (equivalent to about 1/3 of a typical can of soda) daily
 - Increased overall risk of cancer by 18%
 - Increased risk of breast cancer specifically by 22%

**Are You Using Over-Using NSAIDs
for Your Arthritis Pain?
(1 slide)**

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OTC Drugs are Frequently Over Used

- In a survey of consumers purchasing over-the-counter pain relievers, or NSAID drugs for pain
 - 59% said they took more pills than recommended in the dosage instructions
 - 49% took the drugs more often than recommended on the label
 - 78% had never discussed potential complications of these drugs with a healthcare provider
 - 24% were combining the OTC pain drugs with prescription pain drugs
- Did you know? A 7 times greater risk of serious GI complications has been found when taking high dose amounts of OTC NSAID drugs

**Are You (Accidentally) Sharing Your
Confidential Health Information?
(1 slide)**

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Do you use a fitness app on your phone or ipad?

- Did you know that more than **70% of smart phone apps are reporting your data to third party tracking companies?** This is how marketers target you with product ads.
- Your health information is your most private and personal information – be careful about what you share
- Unlike healthcare professionals, apps that collect your health information do NOT have to keep it confidential
- A typical fitness app might have data on your age, your weight, what you eat and when, how many hours you sleep a night, your heart rate, and your location
- Privacy policies are long and full of legal language but it is important know what they say – take the time to read and understand them, especially for apps that collect your health information!

**Is it too late to build up your muscles?
(1 slide)**

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Is it ‘too late’ to start exercising?

- Most people lose about 1%-2% of their muscle mass, and up to 5% of their strength, every year beginning in their 50s
- Researchers divided men ages 60-80 years old into two groups
 - Group 1: men who were active but did not do any formal exercise or physical training
 - Group 2: highly active master athletes who had averaged 8 hours of endurance training a week for more than 20 years
- It was expected that the master athletes would be better at building muscle – but, both groups responded **equally** to exercise, producing the **same amount** of muscle building proteins
- Conclusion: Even later in life **it is still possible to build muscle** – even if you have not regularly exercised before!