



SESSION 2

Lesson 2A

Be



:

Keep Your Cholesterol in Check

REVIEW OF SALT AND SODIUM

Q: Why should you try to limit the amount of salt and sodium in your diet?

To prevent or **lower** high blood pressure.

Q: What are some ways to reduce the amount of salt you eat?

USE MORE



USE LESS



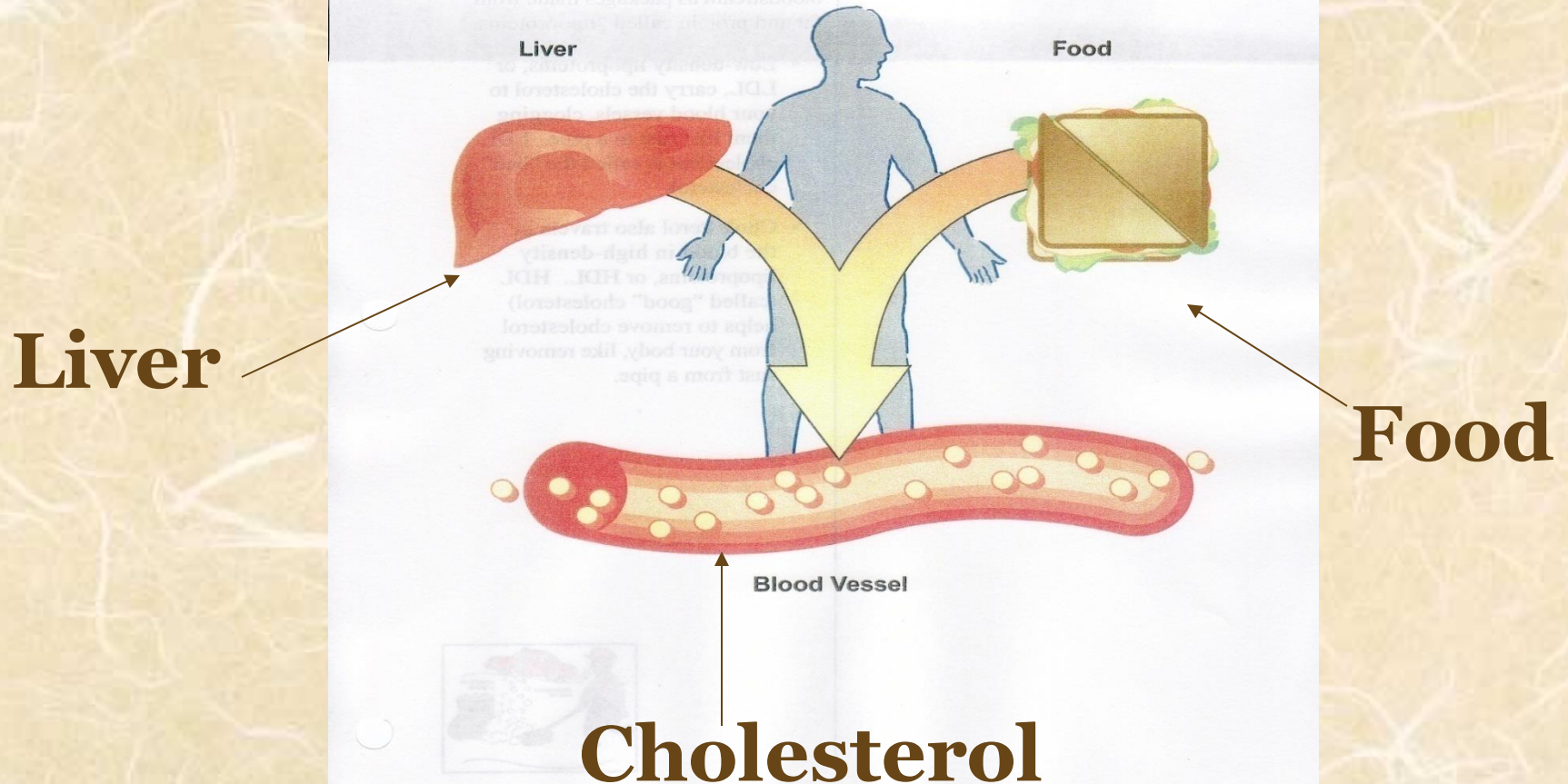
FACTS ABOUT BLOOD CHOLESTEROL



- 38 million American adults have **high** total blood cholesterol levels.
- U.S. Filipinas have **higher** total cholesterol compared to white women.
- In the U.S., Asians and Pacific Islanders are **less likely** than most ethnic groups to have their blood cholesterol checked.

CHOLESTEROL & HEART DISEASE

WHERE DOES IT COME FROM?



CHOLESTEROL & HEART DISEASE

What affects your blood cholesterol?

High cholesterol

- **AGE**
- **GENDER**
- **FAMILY HISTORY**



CHOLESTEROL & HEART DISEASE

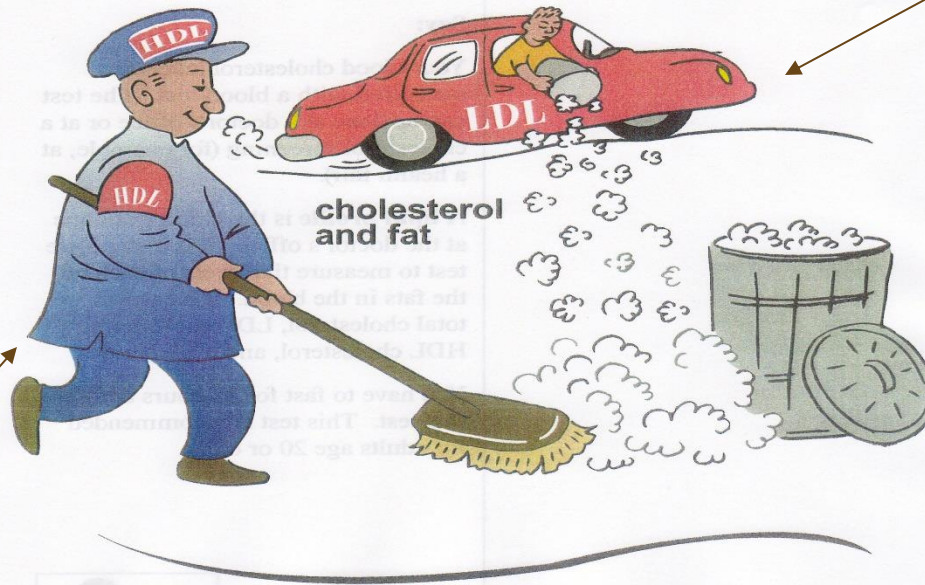
How can I prevent or lower high blood pressure cholesterol?



CHOLESTEROL & HEART DISEASE

Two types of cholesterol

Low-density lipoprotein (LDL)



High-density lipoprotein (HDL)

WHAT ARE YOUR NUMBERS?

A blood test measures your blood cholesterol level.



Screening sites only test **total cholesterol** and sometimes HDL cholesterol.



A **lipid profile** is the blood test done at the doctor's office.

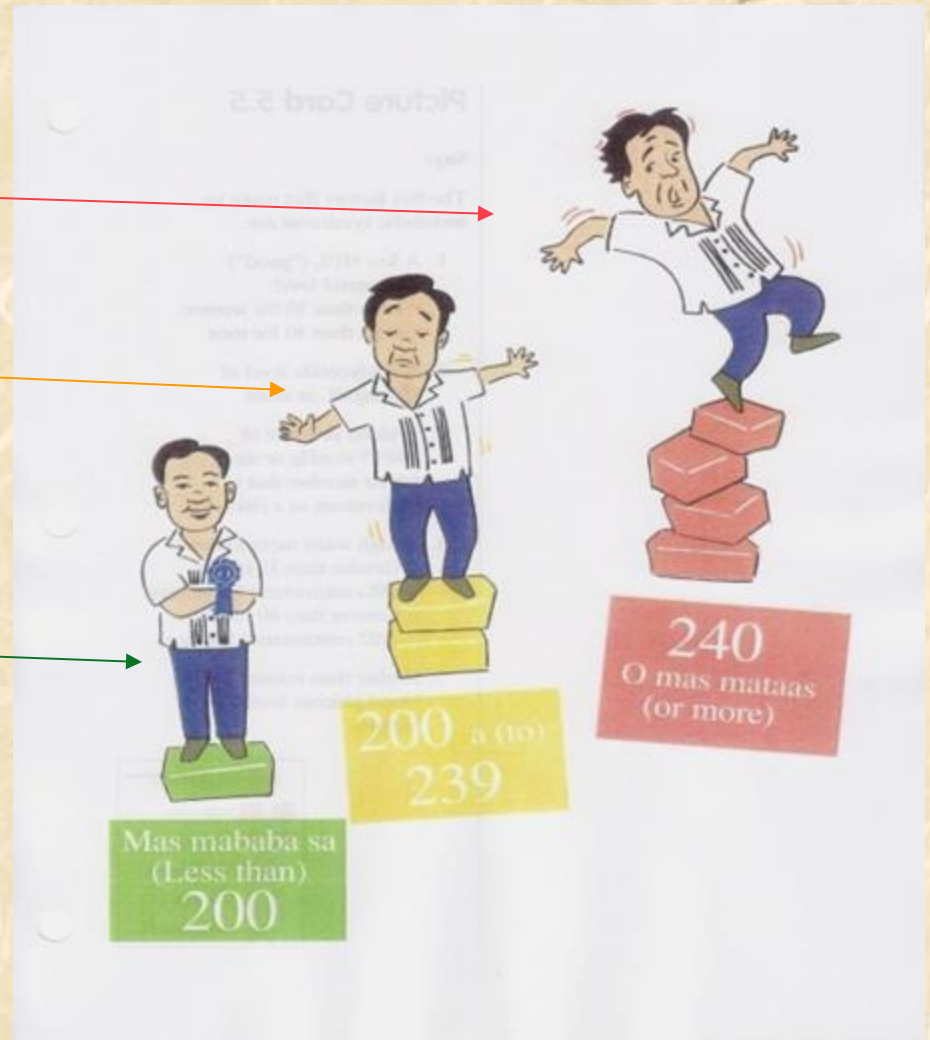
WHAT ARE YOUR NUMBERS?

Total cholesterol

High

Borderline high

Desirable



WHAT ARE YOUR NUMBERS?

LDL (bad) cholesterol:	Keep it low!
– Less than 100mg/dL	Optimal
– 100-129 mg/dL	Near optimal
– 130-159 mg/dL	Borderline high
– 160-189 mg/dL	High
– 190+ mg/dL	Very High

HDL (good) cholesterol:

- Keep it at 40 mg/dL or higher

The higher the better!

WHAT ARE TRIGLYCERIDES?

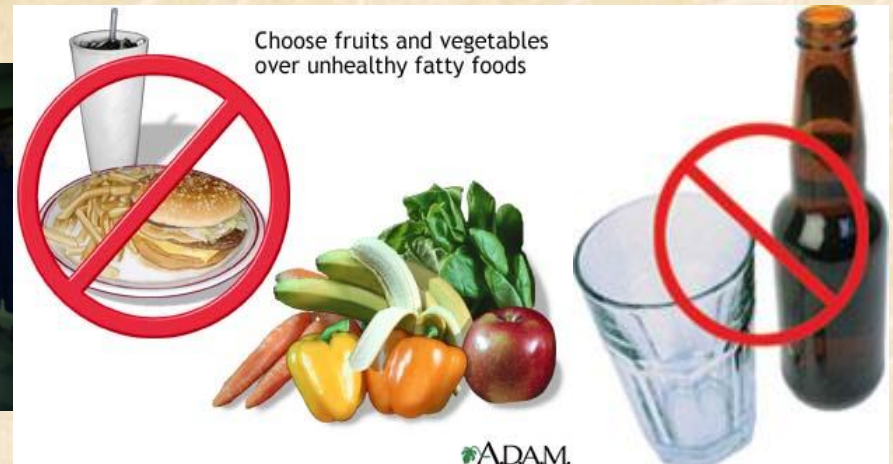
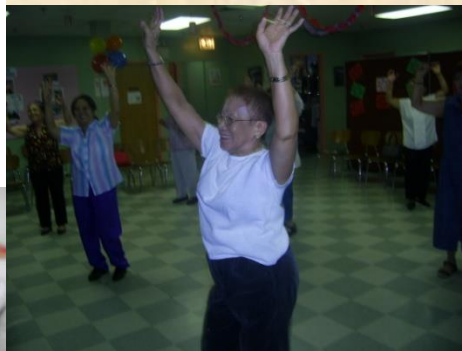
Triglycerides are another type of fat in the blood.



A HEALTHY TRIGLYCERIDE LEVEL

A healthy triglyceride level is **less than 150mg/dL.**

To have a healthy triglyceride level:



5 FACTORS OF METABOLIC SYNDROME



3 out of 5 = Metabolic Syndrome

Men:
Less than
40 mg/dL
Women:
Less than
50 mg/dL

Hombres:
Menor de
40 mg/dL
Mujeres:
Menor de
50 mg/dL

1. Low HDL cholesterol level

**More than
150 mg/dL**

**Mayor de
150 mg/dL**

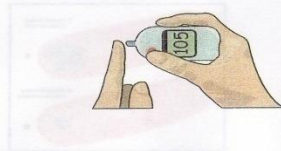
2. High triglyceride level



3. Blood pressure 130/85 mmHg or higher



4. Large waist measurement



5. Fasting blood sugar higher than 100 mg/dL

CHOLESTEROL REVIEW

Video: AstraZeneca atherosclerosis animation

<http://www.youtube.com/watch?v=fLonh7ZesKs&feature=related>

ALL ABOUT FATS!

Unsaturated Fats



Saturated Fats

Saturated fats

Saturated fats are found in animal products such as butter, cheese, whole milk, ice cream, cream, and fatty meats, and oils such as coconut, palm, and palm kernel oil



Trans Fat



HIGH SATURATED FAT FOODS



© Sidney Snoeck

LOW SATURATED FAT FOODS



TWO TYPES OF UNSATURATED FATS

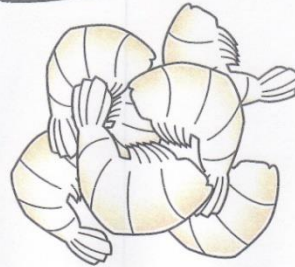
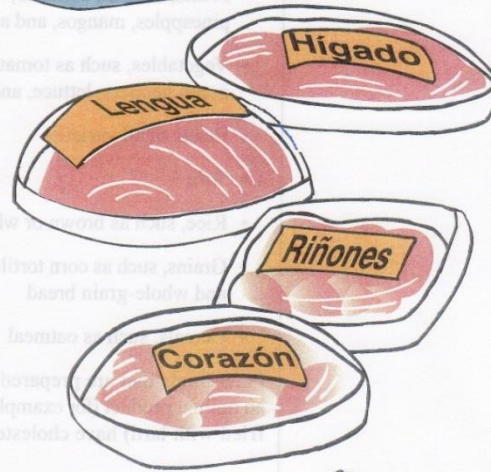
Monounsaturated fat



Polyunsaturated fat



FOODS HIGH IN CHOLESTEROL

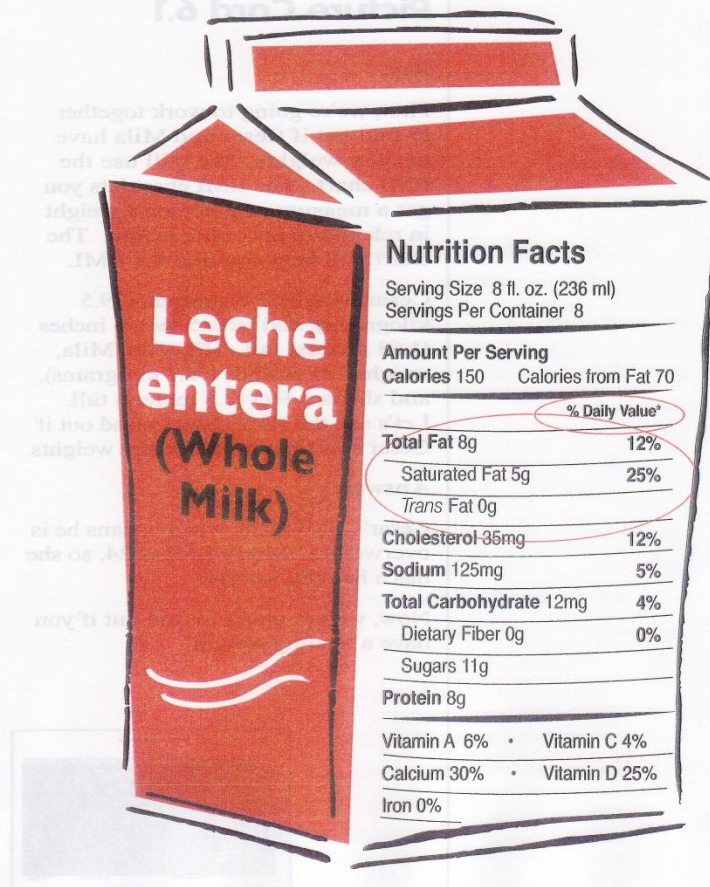


FOODS WITH NO CHOLESTEROL



NUTRITION FACTS LABEL ACTIVITY:

FATS



MILA'S BREAKFAST CHOICES

What should Mila choose for breakfast?



ACTIVITY: GUESS THE FAT!



ACTIVITY: COOKING WITH LESS SATURATED FAT

Pork Puchero



Kamote (Sweet Potato) Salad



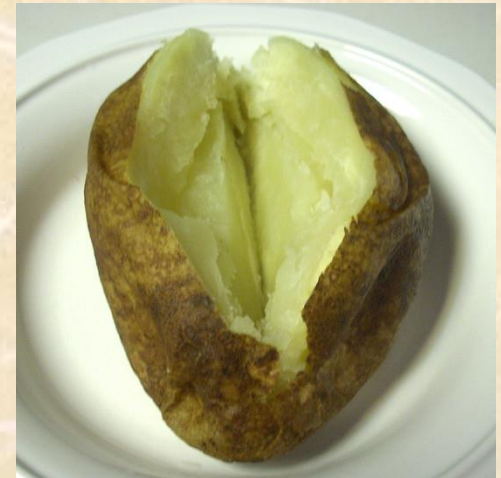
Adobong Manok
Marinated Chicken



Eggplant Omelet



Oven-baked Potato





Lesson 2B:

Protect Your Heart:

Prevent and Control Diabetes



Overview

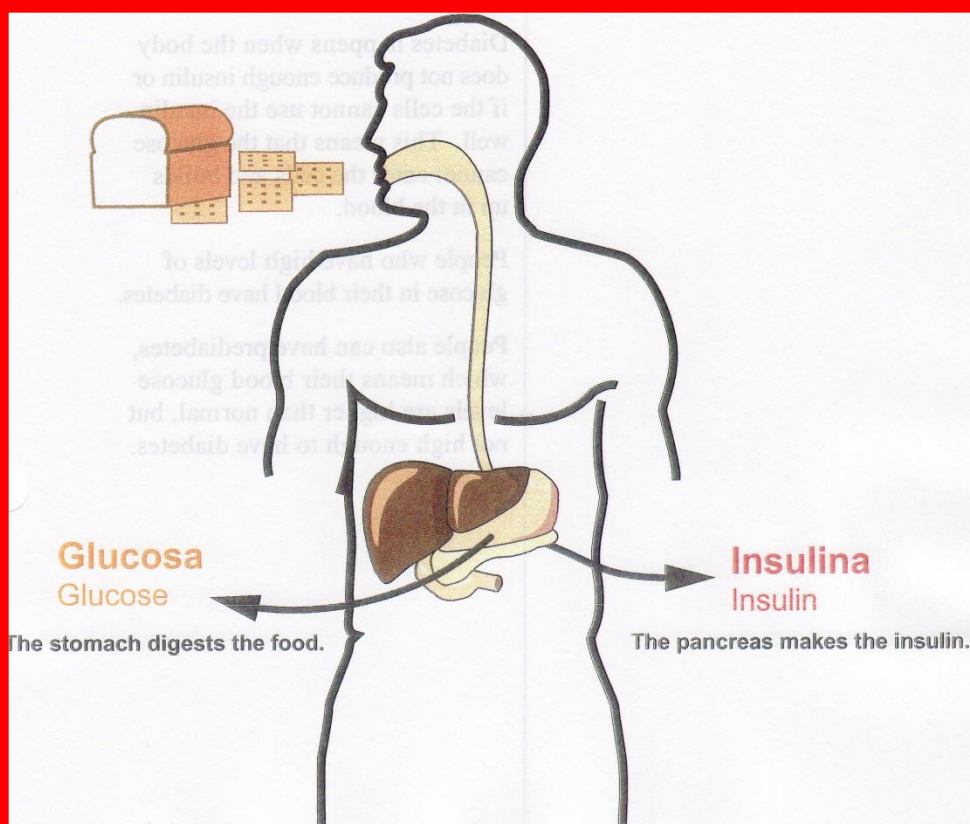
- Review
- Facts
- What Is Diabetes?
 - What Is Prediabetes?
- Types of Diabetes
 - Gestational Diabetes
 - Blood Glucose Demonstration
- Risk Factors for Diabetes
- Symptoms of Diabetes
- Blood Glucose Levels
 - Hypoglycemia



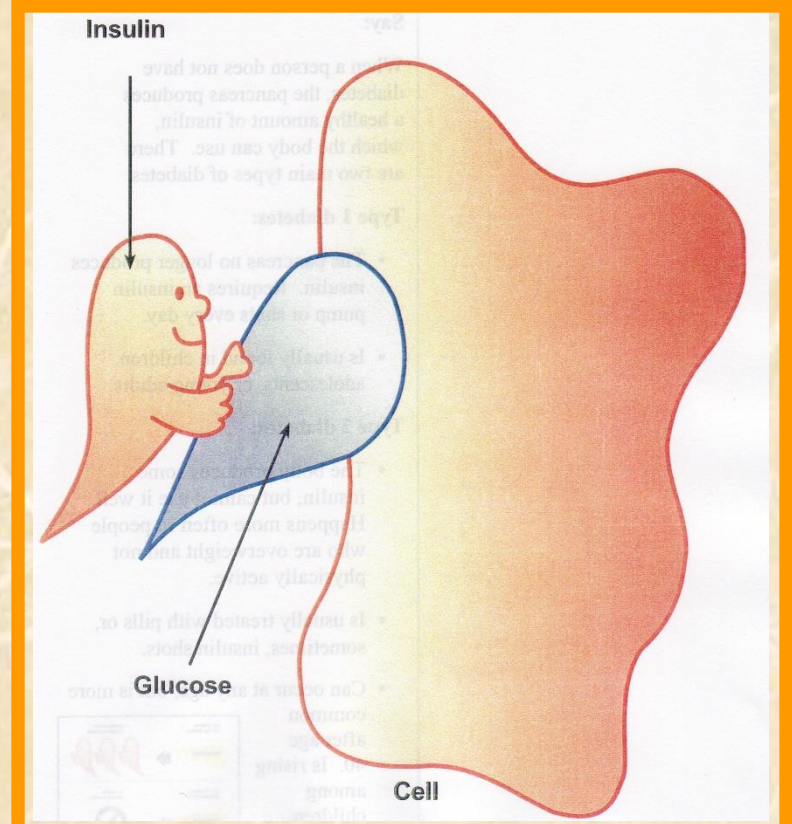
Facts

- More than half of the Filipinos with diabetes do not know they have diabetes.
- Most Filipinos with diabetes (about 90 percent) are not obese ($\text{BMI} < 30 \text{ kg/m}^2$)
- Diabetes is a chronic disease that slowly damages the body.
- It has no cure, but preventable.
- Diabetes is a major risk factor for heart disease.

What Is Diabetes?



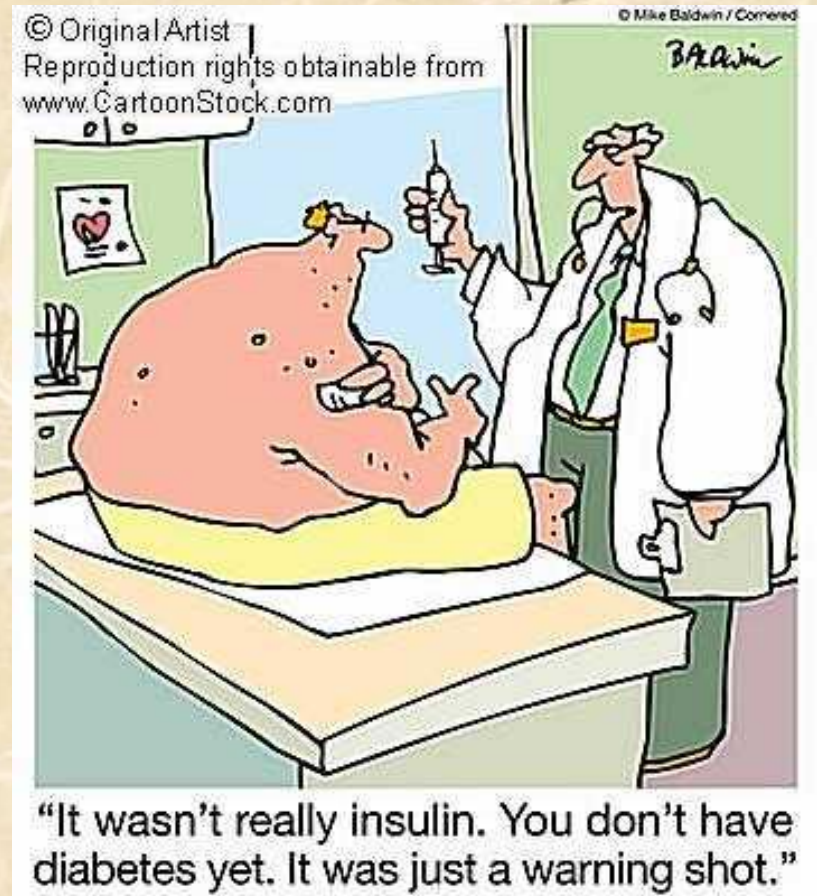
The food we eat goes to the stomach, where it is digested. The food broken down into blood glucose.



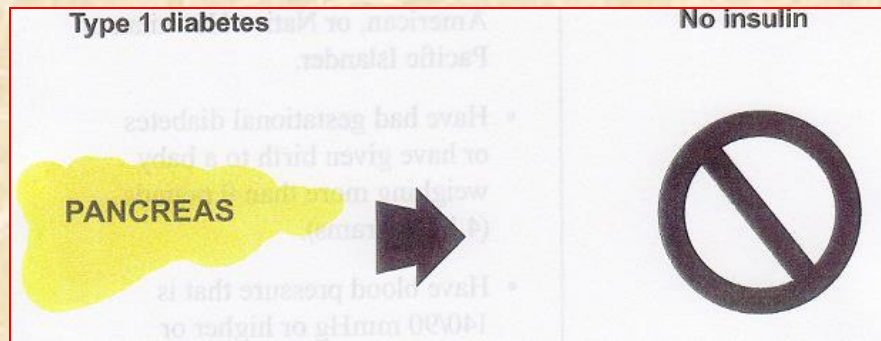
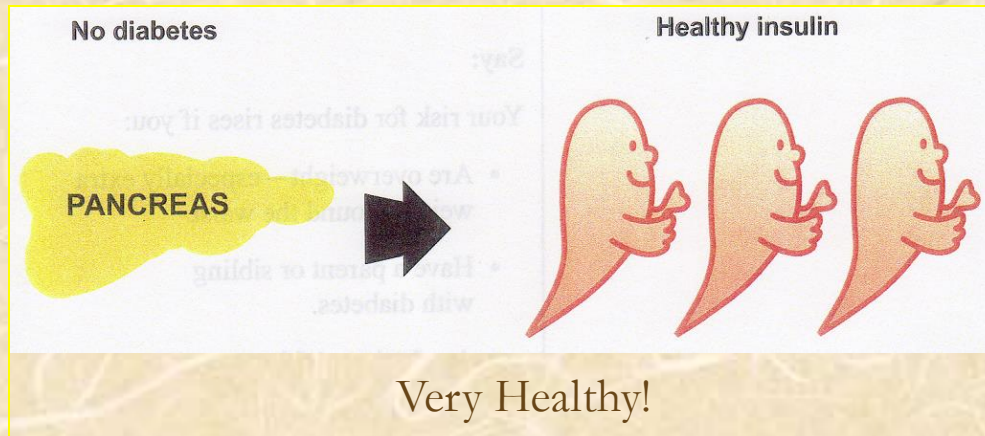
The blood takes the glucose to the cells of your body. But the glucose cannot enter the cells alone, so Insulin helps glucose enter the cells.

What Is Prediabetes?

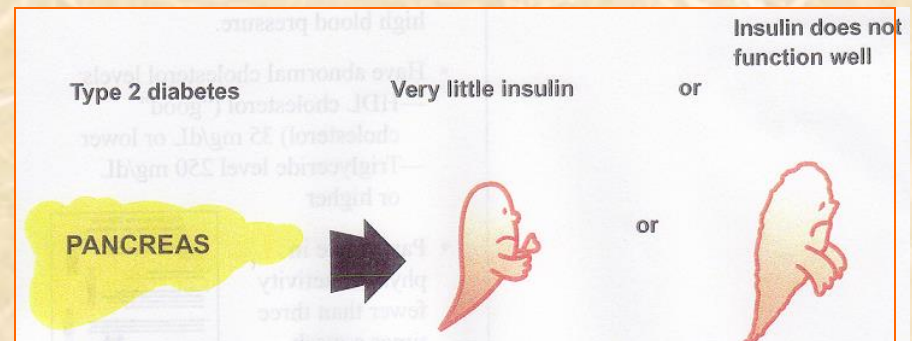
- When blood glucose levels are higher than normal, but not high enough to be diabetes.
- Likely to develop diabetes within the next 10 years.
- Likely to have a heart attack or stroke.



Types of Diabetes



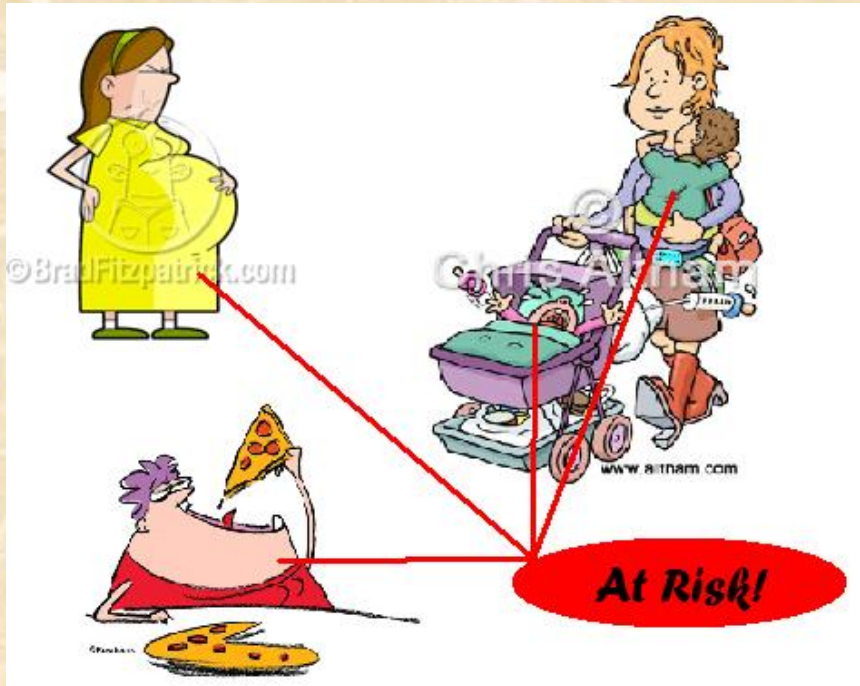
- An insulin pump or shots every day
- Children/ Adolescents/ Young adults
- Affect about 5 – 10 percent of those with diabetes



- Diet pills / Insulin shots
- Any age/ More common after age 40
- Is increasing among children, especially if they are overweight
- Affects 90- 95 percent of people with diabetes

Gestational Diabetes

special class of type 2 diabetes



- Pregnant women (usually gone after give birth)
- Overweight women/ women have a family history of diabetes
- Their children

- Can be prevented and controlled

Blood Glucose Demonstration

Materials:

- 2 clear plastic bottles
- 1 cup of water
- 1 cup of corn syrup
- Total 6 drops of red food coloring



Procedures:

- Put two clear plastic bottles on the table.
- Add 1 cup of water and 3 drops of red food coloring into one of the bottles.
- Add 1 cup of corn syrup and 3 drops of red food coloring into the other bottle.

Risk Factors for Diabetes

1. **Overweight**, especially extra weight around the waist



2. **Family members with diabetes**



4. **Had diabetes during pregnancy** (gestational diabetes) or gave birth to a baby weighing more than 9 pounds (4.1 kilograms)

3. **Are Latino, African American, American Indian, Asian American, or Native Hawaiian or Pacific Islander**



7. **Not physically active**



5. **High blood pressure**

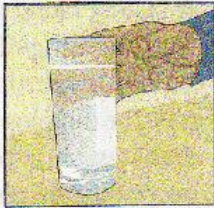


6. **Cholesterol levels that are not normal**



Symptoms of Diabetes

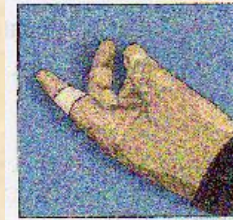
Often thirsty



Feeling tired



Sores that do not heal



Having to urinate often



Increased hunger



Very dry skin



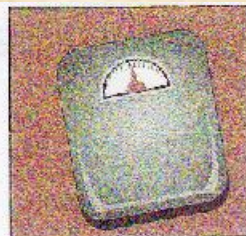
"Pins and needles"
feeling in the feet



Blurry vision



Unexplained
weight loss

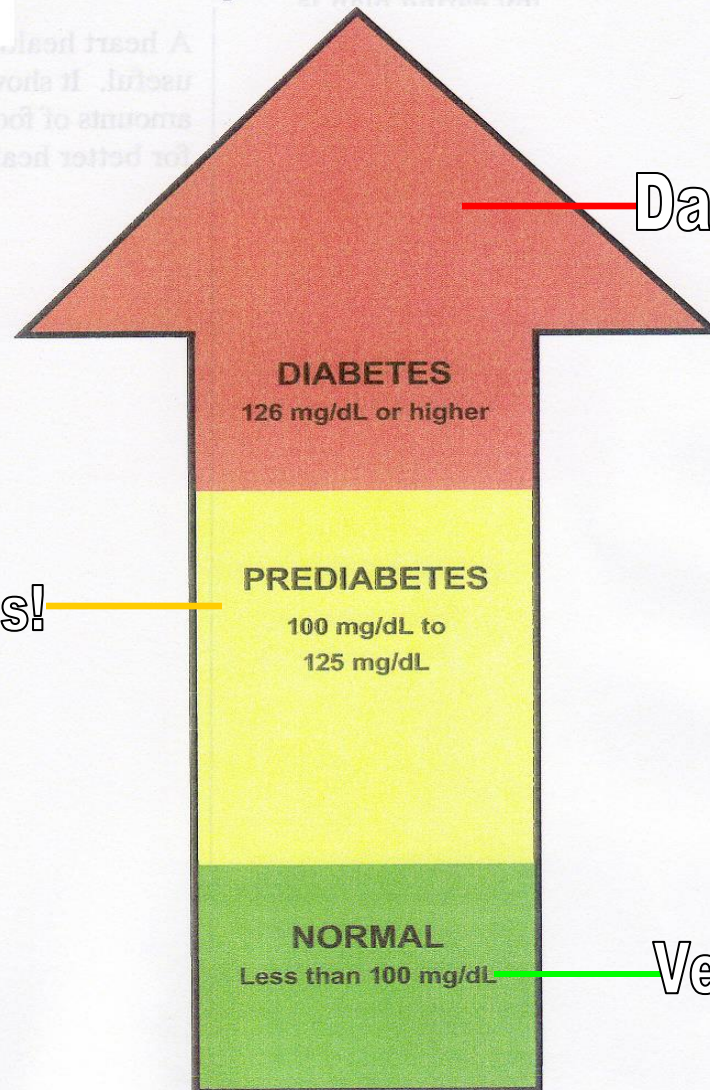


Feeling irritable



Blood Glucose Level

Fasting Blood Glucose



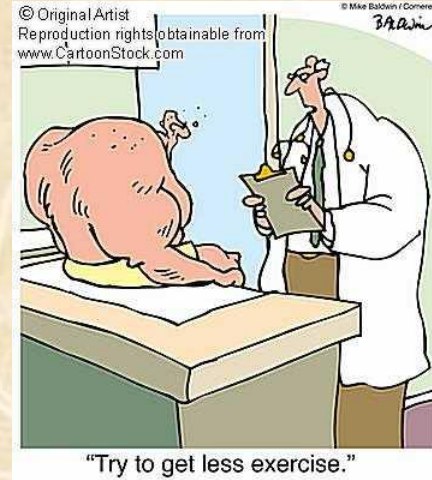
You need to
lose some weights!

Danger!

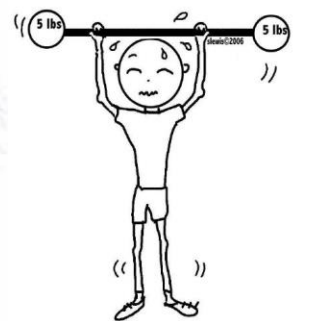
Very Good. Keep it up!

Hypoglycemia

People with diabetes may develop hypoglycemia when they:



The symptoms of hypoglycemia are:



•Feeling Shaky

Review of Today's Key Points

Q: What is diabetes?

Diabetes happens when the body does not make enough insulin or cannot use it well, causing glucose to build up in the blood. As a result, the body does not function well.

Q: What are the risk factors for diabetes?

- overweight
- family members with diabetes
- 40+ years
- not being physically active
- being Latino, African American, American Indian, Asian American, Native Hawaiian, or Pacific Islander
- high blood pressure
- cholesterol levels are not normal

Review of Today's Key Points

Q: What are the ABCs of diabetes control?

A is for the *A1C test*. If you have diabetes, take the A1C blood test at least two times a year. This test measures how well a person's blood glucose level has been controlled over the past 3 months. People who have diabetes should aim for an A1C number that is below 7.

B is for *blood pressure*. High blood pressure makes your heart work too hard. It increases your risk for a heart attack, stroke, or damage to your kidneys and eyes. A person with diabetes should have a blood pressure below 130/80 mmHg.

C is for *cholesterol*. Keep cholesterol at normal levels. Bad cholesterol (LDL) can build up and clog your arteries. It can cause a heart attack. People with diabetes need to keep their LDL cholesterol below 100mg/dL.

Review of Today's Key Points

Q: How can you prevent or delay type 2 diabetes?

Be physically active for 30 minutes on most days and lose a small amount of weight.

Q: How does diabetes affect your body?

Diabetes can cause damage to your heart, brain, kidneys, and eyes. It can cause nerve damage, which reduces sensation in your feet. Diabetes may also affect blood flow in your legs and feet. This can lead to sores that don't heal and amputation.