



4TH DAILY CARDIOLOGY
SYMPOSIUM

CONCISE, PRECISE, PRACTICAL

Half-Empty Plate, Full-Strength Heart! The Role of Nutrition in Cardiovascular Disease Prevention

Learning Objectives and Case



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Learning Objectives

- What is the impact of both poor and healthy diets on cardiovascular diseases?
- What strategies can be used to counsel a patient to adopt a healthy diet?
 - Choosing a dietary pattern
 - Maintaining energy balance

Learning Objectives (cntd)

- What are some specific dietary patterns recommended by health guidelines for heart health?
 - Mediterranean diet
 - DASH diet
 - Vegetarian diet
 - Low-fat diet
 - Low-cholesterol diet

Learning Objectives (cntd)

- What dietary components are associated with health benefits, particularly for heart health?
- What are the dietary patterns with limited or developing evidence for their impact on heart health?
 - Low-carbohydrate diet
 - Organic diet
 - Anti-inflammatory diet
 - Gluten-free diet
- What dietary patterns and components should be limited or avoided for optimal heart health?

Case vignette

- 53 Y/O gentleman, cardiac surgeon and university lecturer, with Hx. of well controlled HTN
- He leaves to work very early in the morning taking only a cup of coffee
- He only finds time to eat a small meal (usually fast food or hospital food) in the midst of his busy daily schedule
- His daily snacks normally consist of tea or coffee with a biscuit or a piece of cake he finds on the table of the doctor's pavilion
- The patient usually has his dinner which is almost always ordered from a nearby restaurant between visiting patients in his busy office in the evening or during late meetings with his colleagues.

Case vignette (cntd)

- He also has to eat lots of airline meals or hotel food because he has to travel a lot to participate congresses and lectures around the world
- His BMI is 29 (Height= 179cm, Weight: 93kg)
- Ph/E is otherwise unremarkable
- Recent lab test shows no abnormal findings

What is your recommendation for implementing a healthy diet in this patient?

Thank you for your attention



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