Heart Disease
CHD/CVD/PAD

• Heart disease—potentially reversible by adopting a healthy lifestyle

• Prevalence
  – Varies by race and gender (See Table 19.2)

• Risk factors
  – Hypertension (≥140/90 mmHg)
  – ↑ LDL cholesterol (≥130 mg/dL)
  – Diabetes
  – Race (African Americans)
Stroke: Definition & Forms

• Stroke
  – Serious conditions involving reduced cerebral blood flow (brain ischemia)

• Forms:
  – Ischemia
  – Aneurysm
  – Thrombosis
  – Cerebral embolism
  – Carotid Artery Disease
  – Atrial Fibrillation
  – Transient Ischemic Attacks (TIAs)
Stroke: Prevalence & Etiology

• Prevalence
  – Of adults ≥65, 8% of females & 10% of males have had a stroke

• Etiology
  – Blocked arteries
  – Easily clotting blood cells
  – Weak heartbeat unable to circulate blood
Stroke: Risk Factors

– Comorbid conditions
  • Diabetes mellitus
  • Carotid artery disease
  • Atrial fibrillation
  • Sickle cell anemia
  • Depression
  • Transient ischemic attacks

– Living in poverty

– Excessive use of alcohol; Drug abuse
Stroke: Nutritional Remedies

• The overall goal is to normalize blood pressure
• Other goals include:
  – Reduce overweight & obesity—mainly abdominal fat
  – Moderate alcohol intake
Hypertension: Effects and Risk Factors

• Effects
  – Extra tension on blood vessels wearing them out before natural aging process
  – Damaged kidneys are common

• Risk factors
  – ↑ alcohol consumption
  – ↑ saturated fat intake
  – Overweight & obesity
  – ↓ dietary calcium
Risk Factors for Osteoporosis

• Risk factors grouped as
  – Not modifiable factors (see table 19.8)
  – Potentially modifiable factors
    • Listed on next screen
  – Controversial factors (Not yet clear)
    • Diet high in phosphorus and low in calcium
    • Inadequate fluoride, boron and magnesium
    • Consistently high pro and low fruit/veg intake
Nutritional Remedies for Osteoporosis

- Nutritional remedies:
  - adequate calcium; ↑ absorption
    - drink milk & take supplements with meals
    - don’t take calcium with antacids
    - consume foods rich in vitamins C, D, B6 and K, which help build bones
Older People Reporting Having No Natural Teeth

<table>
<thead>
<tr>
<th>Age and Poverty Status</th>
<th>No Natural Teeth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 65–74</td>
<td>22.4%</td>
</tr>
<tr>
<td>Age 75 and older</td>
<td>30.1%</td>
</tr>
<tr>
<td>For ages 18 and older, by race and by economic status</td>
<td></td>
</tr>
<tr>
<td>White</td>
<td>7.5%</td>
</tr>
<tr>
<td>Black or African American</td>
<td>9.0%</td>
</tr>
<tr>
<td>American Indian, AK native</td>
<td>13.9%</td>
</tr>
<tr>
<td>Asian</td>
<td>7.0%</td>
</tr>
<tr>
<td>Native HI, Pacific Islanders</td>
<td>Insufficient data</td>
</tr>
<tr>
<td>Poor</td>
<td>12.5%</td>
</tr>
<tr>
<td>Not poor</td>
<td>6.1%</td>
</tr>
</tbody>
</table>
Stomach Conditions Affect Nutrient Availability

• Vitamin B12 Malabsorption
  – Pernicious anemia
  – Atrophic gastritis

• Constipation
  – Many definitions of “normal bowel pattern”
Inflammatory Diseases: Osteoarthritis

- **Etiology**
  - cartilage loss
  - bone hypertrophy
  - changes in the synovial membrane
  - hardening of soft tissues & inflammation

- **Effects of osteoarthritis**
  - Pain with joint movement
Cognitive Disorders: Alzheimer’s Disease

- Alzheimer’s disease definition
  - Dreaded aspect of “getting old”
  - Loss of independent functioning
  - Memory impairment
  - Dementia
Effects of Cognitive Disorders

- Effects of cognitive disorders
  - Confusion
  - Anxiety
  - Agitation
  - Loss of oral muscular control
  - Impairment of hunger/appetite regulation
  - Changes in smell & taste
  - Dental, chewing, & swallowing problems
Effects of Dehydration

• Effects
  – Increases resting heart rate
  – Susceptibility to development of urinary tract infection
  – Pneumonia
  – Pressure ulcers
  – Confusion, disorientation, dementia