



DYSLIPIDEMIA/ ATHEROSCLEROSIS

WHAT IS IT?

Dyslipidemia is a scientific term that means there is an elevated amount of fat in the blood.

Atherosclerosis describes plaque build up in the arteries (blood vessels that carry oxygen) of the heart, brain, arms, legs, pelvis, and kidneys. Plaque deposits can be due to a combination of cholesterol, fat, calcium and other substances. Plaque can cause the hardening and narrowing of the arteries.

GENTLE NUTRITION SUGGESTIONS

follow as you are able to

- Incorporating more foods that contain omega-3s could be helpful for fat circulating in the blood.
- Try adding more soluble fiber, as tolerated, to meals and snacks. Soluble fiber can help with the removal of cholesterol from the body. Examples include oats, beans, barley, seeds, fruits and veggies.
- Try increasing the proportion of unsaturated fats compared to saturated fats in the diet. Saturated fats are solid fats at room temperature. Talk to your dietitian if you have questions about saturated fats.

**If any of these suggestions are harmful to other aspects of your health, then do not engage in them*

OTHER RECOMMENDATIONS

- Participating in aerobic physical activity exercise and resistance exercise. Exercise is going to be different for each body. Increasing intensity may be helpful. You are the best judge of this. You do not need to engage in a different activity, you can do what you are already doing. Remember to listen to your body. Go gradually and do what your body allows.
- It would be helpful to stop smoking for this condition. Talk to your medical provider about groups or resources to stop smoking.
- Reducing stress can also help reduce this condition. Participate in activities that you enjoy, spend time in nature, practice deep breathing, spend time with family/friends/animals.
- CoQ10 is recommended for people on statin drugs. Talk to your doctor about this recommendation.

Remember

We are imperfect beings and each day is new and different. Some days it may be easier to follow the suggestions than others.

Be gentle with yourself.

Goal

Self compassion and kindness towards your body

Every body is different

There are a spectrum of symptoms and reactions

If any food or movement recommendations do not feel right for your body, trust that! It may be helpful to talk more about this with your dietitian.



TOTAL HEALTH

Health is complex and is influenced by many factors.
Not all factors are within your control.
It is important to consider all of these factors, not just food and movement choices, when exploring ways to improve your health.



Psst..

It is not your fault for having this health condition!
Discuss causes and risk factors with your doctor or registered dietitian if you are interested.

References

Mahan KL, Raymond JL. *Krause's Food and The Nutrition Care Process, 14th Ed.* St Louis, MO: Elsevier; 2017.

National Heart, Lung, and Blood Institute. Atherosclerosis. Retrieved from: <https://www.nhlbi.nih.gov/health-topics/atherosclerosis>

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