

Lifestyle Change Urged in New AHA Guidelines

BY MARY ANN MOON
Contributing Writer

The American Heart Association's updated guidelines on cardiovascular health for Americans are moving beyond diet to lifestyle.

The guidelines, last issued in 2000, were revised after a panel of nutrition and cardiovascular disease experts reviewed the scientific literature published in the intervening 6 years. "The key message of the

[updated] recommendations is to focus on long-term, permanent changes in how we eat and live. The best way to lower cardiovascular risk is to combine physical activity with heart-healthy eating habits, coupled with weight control and avoiding tobacco products," said Dr. Alice H. Lichtenstein, chair of the association's nutrition committee, in a statement accompanying release of the new guidelines.

Thirty minutes or more of physical activity per day is recommended, even if it

is broken up into small increments.

"Achieving a physically active lifestyle requires effective time management, with a particular focus on reducing sedentary activities such as screen time (e.g., watching television, surfing the Web, playing computer games) and making daily choices to move rather than be moved (e.g., taking the stairs instead of the elevator)," the recommendations state (Circulation 2006;doi:10.1161/CIRCULATIONAHA.106.176158).

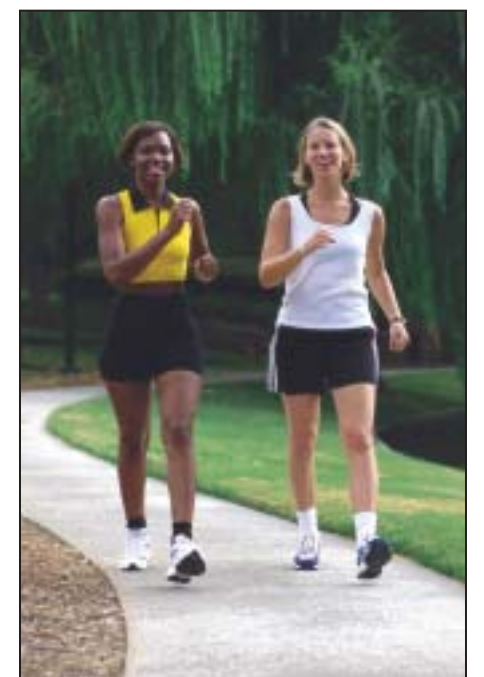
The current recommendations advise consuming lower amounts of saturated fat, from less than 10% to less than 7% of the diet, and—for the first time—advise limiting trans fats to less than 1% of the diet. The guidelines also call for increasing consumption of vegetables, fruits, and whole grain foods; eating fish at least twice a week; and minimizing intake of high-sugar drinks and foods.

The point is not to meticulously calculate the amount and types of fats and other potentially harmful dietary components, but to more generally avoid foods made with hydrogenated fats or added salt and sugar, as well as to choose foods that minimize these components, such as leaner meats and lower-fat dairy products.

The recommendations specifically address adhering to a heart-healthy diet and restricting portion size when consuming food prepared at restaurants, grocery stores, schools, and fast-food outlets, because food eaten outside the home constitutes an estimated one-third of the calories that Americans consume, said Dr. Lichtenstein, who is also Gershoff professor of nutrition science and policy at Tufts University, Boston, and her associates.

The guidelines now include sections with practical tips for clinicians to recommend and for patients to follow. And for the first time, restaurants, the food industry, schools, and local governments are called on to take practical steps to encourage physical activity and discourage unhealthy eating. These measures include reformulating processed foods, packaging foods in smaller portions, providing more vegetable options, and providing safe venues for walking and biking.

For the first time, restaurants, the food industry, schools, and local governments are called on to encourage physical activity and discourage unhealthy eating.

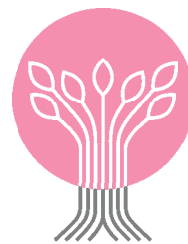


Achieving a physically active lifestyle requires effective time management.

Improving the Care of Your Female Patient

CLINICAL HIGHLIGHTS:

- ADHD in Women
- Bipolar Illness
- Cancer Screening
- Contraception Update
- Depression & Anxiety
- Hyperactive Bladder/Incontinence
- Hypertension & Stroke
- Infertility Update
- Management of Insomnia
- Smoking Cessation
- STIs and Abnormal Pap
- The Obesity Epidemic
- Treating Chronic Pain
- Type II Diabetes
- Women's Sexuality



PERSPECTIVES IN WOMEN'S HEALTH

November 10-12, 2006
The Palace Hotel • San Francisco

Presented by:

Ob.Gyn. News • Family Practice News
Clinical Psychiatry News • Internal Medicine News

This educational conference focuses on the conditions and diseases that may be unique to women, are more prevalent in women, or manifest differently in women. A multidisciplinary faculty addresses prevention, symptoms, diagnosis, and treatment strategies with emphasis on the complete and unique needs of the female patient.

Program Chair:

Anita L. Wilson, MD
David Geffen School of Medicine at UCLA/
UCLA Medical Center

Co-Chairs:

Stacey Galanter, MD
Case Western Reserve University
School of Medicine/Henry Ford
Hospital

Paul S. Jellinger, MD, MACE
University of Miami

Charles E. Miller, MD, FACOG
University of Illinois at Chicago/University of Chicago

E. Albert Reece, MD, PhD, MBA
University of Arkansas College of Medicine



Register Today at:

www.WomensHealthCongress.com

or call 888-799-2995



Perspectives in Women's Health is jointly sponsored by the Elsevier Office of Continuing Medical Education and Elsevier/International Medical News Group.

