

Jefferson Cardiology Association Happenings

New Diet Ideas From Cleveland Clinic

The Chief of Cardiology at the Cleveland Clinic has been putting forward dietary ideas that clash with some well established concepts.

It is well recognized that high cholesterol is associated with coronary artery disease and heart attacks. Citing a government commissioned study, Scientific Report of the 2015 Dietary Guidelines Advisory Committee, Dr Steve Nissen argues that with high cholesterol you don't have to completely give up such high cholesterol foods as butter, beef and bacon. According to the report, dietary cholesterol accounts for only 15-20% of blood cholesterol. Diet may have only a modest effect on blood cholesterol and most circulating cholesterol in the bloodstream is produced by the liver. Rather it is argued that high cholesterol is a metabolic condition best treated with medication. Dr. Nissen advocates moderate fat intake.

There are different types of fat with variable effects on the body. A type of fat to be avoided is transfat. Transfats are processed fats that raise bad cholesterol, LDL, and lower good cholesterol, HDL. These can be found in fast foods, junk foods, donuts, stick margarine, popcorn and other processed foods. Transfats have been linked to an increased risk of heart attacks, stroke and type 2 diabetes. These may also be known as hydrogenated vegetable oil.

Saturated fats are in butter, cheese, meat, and other animal products. It is argued that these can be eaten in moderation. Meat and eggs contain nu-

trients that are converted in the liver to a substance labeled TAMO. This chemical is linked to an increased risk of heart disease and chronic kidney disease. This observation reinforces the recommendation for limited meat and egg consumption.

Polyunsaturated fats found in fatty fish such as salmon as well as nuts, seeds, and canola oil do not seem to cause problems.

Monosaturated fats are found in olive oil, sesame oil, raw almonds and walnuts. These are essential parts of the Mediterranean diet that is thought to be heart healthy.

What about the news about red wine and chocolate? There have been thought that red wine and dark chocolate contained an antioxidant, resveratrol, that was protective of the heart. A recent study showed that resveratrol is not associated with long life and doesn't prevent heart disease. Wine and chocolate contain calories that can add up with significant intake.

What about salt? A high salt diet may not cause high blood pressure but may be a problem in persons with high blood pressure, and heart failure. Normal persons may use salt in moderation.

What should people do? Dr Nissen and many other cardiologists cite a scientific study published in 2013 advocating the Mediterranean diet. This diet with emphasis on olive oil and nuts reduced cardiovascular events. A study from Spain produced results demonstrating improved intellectual skills in older persons consuming one liter of extra virgin olive oil per week and high nut diet.

Hypertension in Octogenarians

A population of persons over age 80 was evaluated for the benefits of treating high blood pressure. To avoid the problem of white coat hypertension, the subjects blood pressure was checked at home.

In persons not treated for high blood pressure, mortality rose in those persons with blood over 150mmHg systolic. In persons treated for high blood pressure, survival was best with systolic blood pressure under 150mmHg and rose with blood pressure over 160 or under 127mmHg.

In untreated persons, mortality increased with low diastolic pressure but not in those with medication for high blood pressure. This information is consistent with past studies showing benefit of treatment of high blood pressure over 150mmHg in persons over age 80.

Staff Birthdays

We would like to wish Chris Scott, our billing supervisor a very happy birthday.

Green Bean Salad Amandine

1 pound haricots vert (French green beans)	1 tablespoon sherry vinegar
1 ½ tsp extra virgin olive oil	1 tsp Dijon mustard
¼ tsp salt	¼ tsp fresh ground black pepper
1 tablespoon sliced almonds, toasted	

1. Cook beans in boiling water 4 minutes or until crisp-tender. Drain and plunge beans into ice water; drain well. Pat beans dry with paper towels.
2. Combine vinegar, oil, mustard, salt, and pepper in a medium bowl, stirring with a whisk until well blended. Add beans to vinegar mixture; toss well to coat. Sprinkle with almonds.

Nutritional facts: Calories 62; Fat 2.8g(sat 0.3g mono 1.8g, poly 0.5g); Carbs 8.7g; Fiber 4.1g; Cholesterol 0mg; Iron 1.3mg; Sodium 186mg; Calcium 48mg

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