



Healing Hearts: Protecting your Heart Health Through Survivorship

18th annual Moving Beyond Cancer to Wellness

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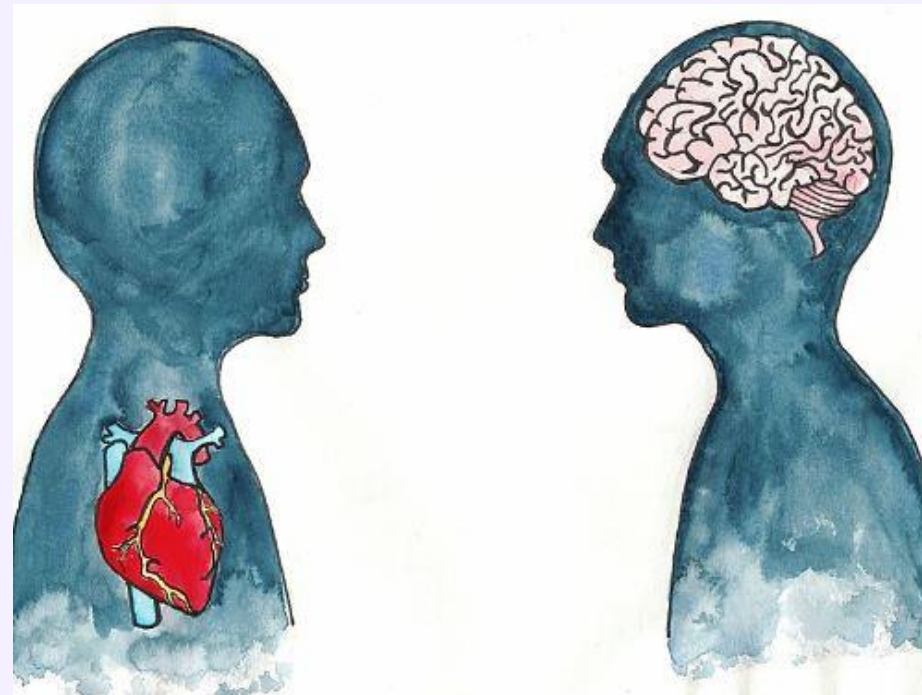
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Goals

- Safeguard your cardiovascular health
- Nutrition, physical activity and mental/emotional practices to embrace life
- Vigor and resilience



Understanding the Cardiovascular Risks

1 Heart Disease

- **Coronary artery disease**
- **Heart failure**

3 Metabolic Changes

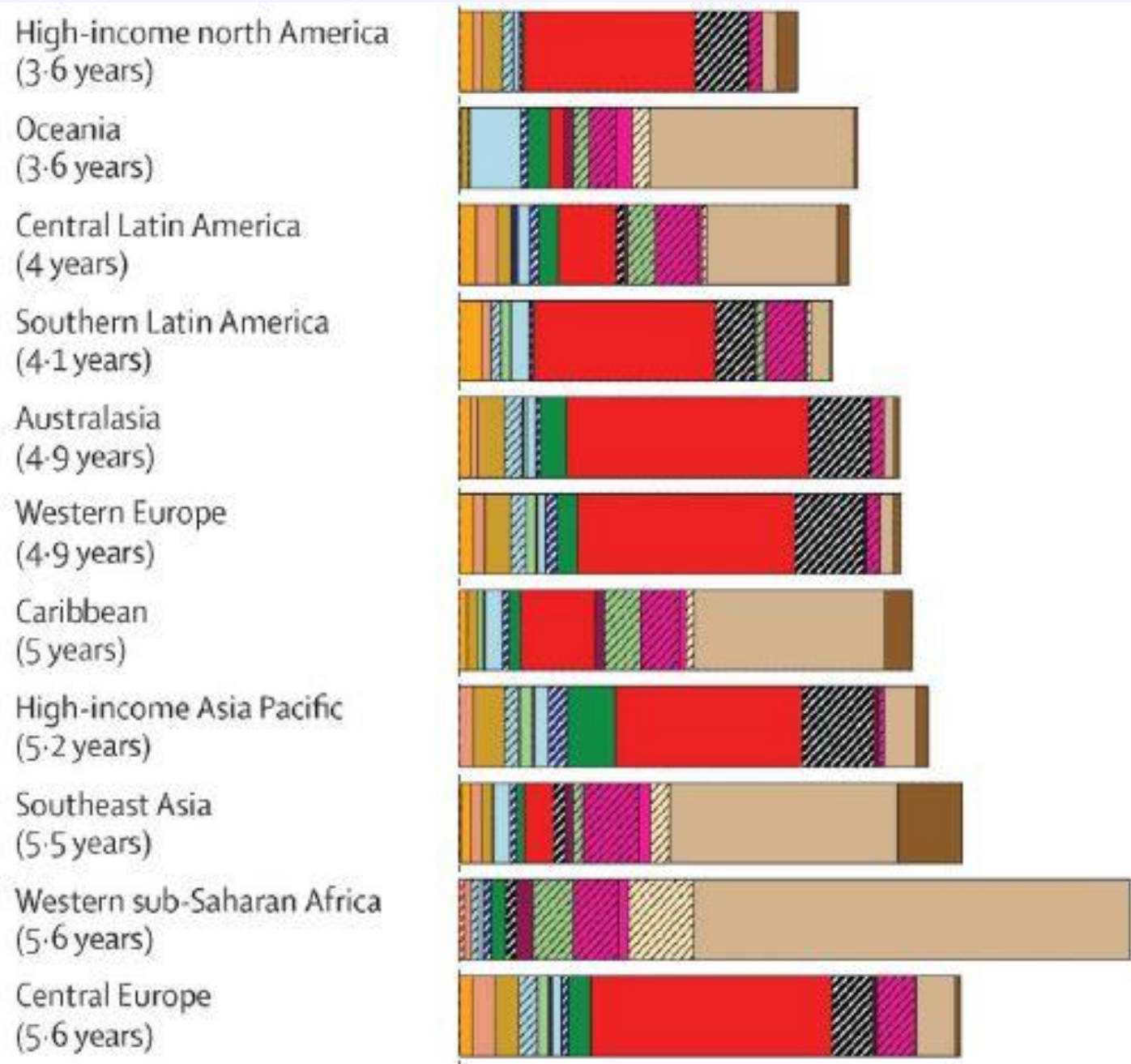
- **Weight gain**
- **Elevated cholesterol**
- **Increased blood sugar**

2 Hypertension

- High blood pressure, or hypertension, can **strain** the cardiovascular system over time.

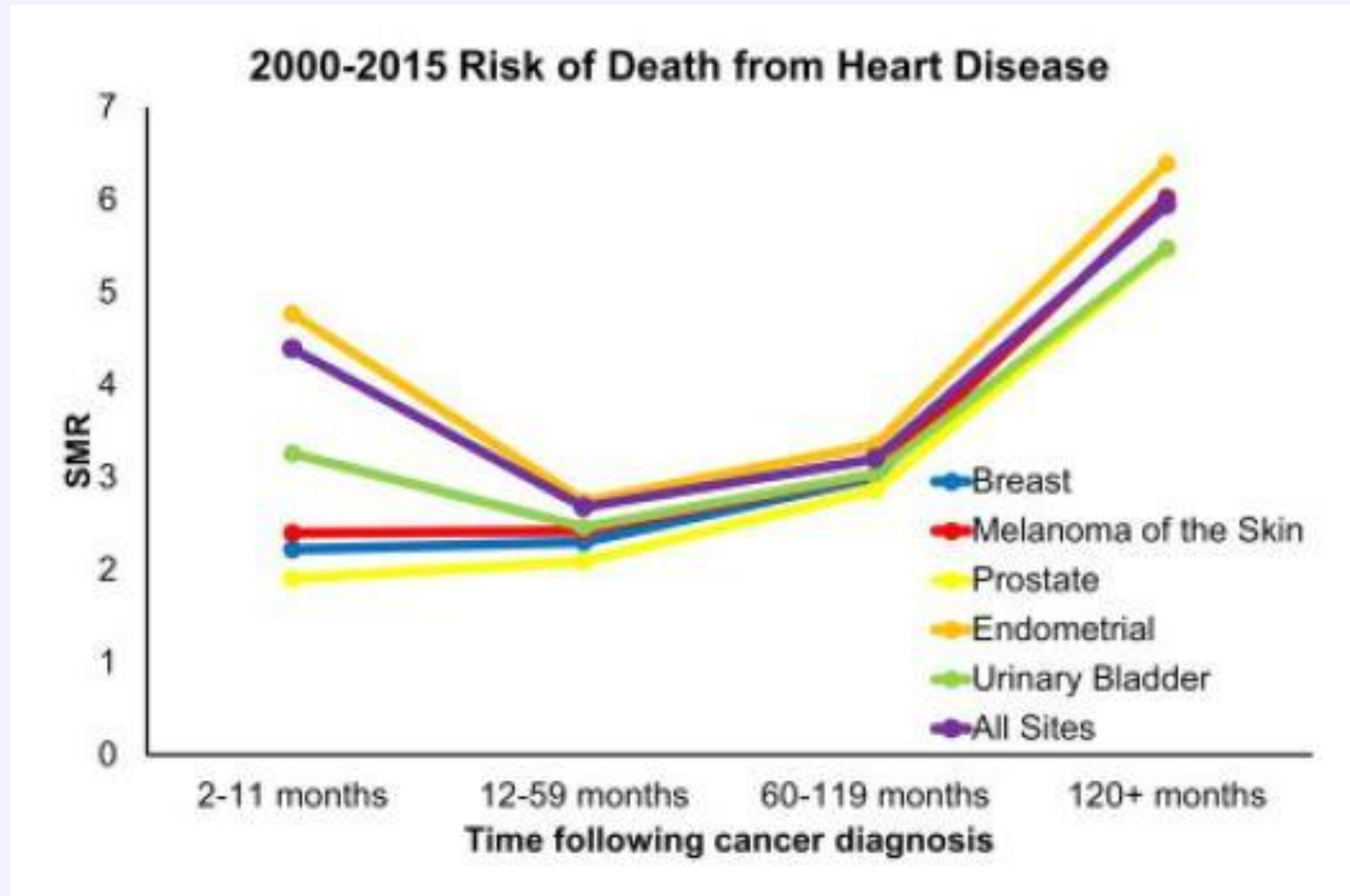


Heart disease and Cancer – leading causes of death



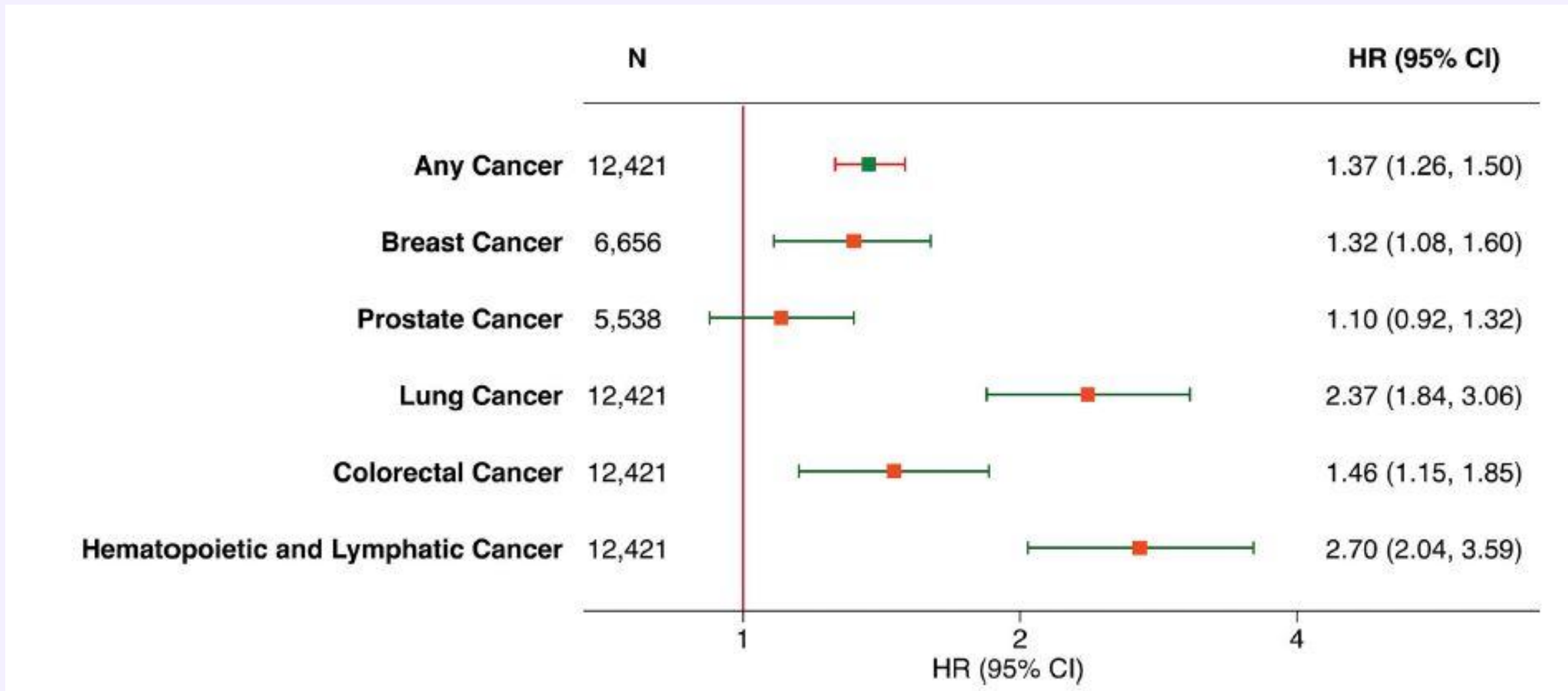
GBD 2013 Mortality and Causes of Death
Collaborators. Lancet. 2015 Jan 10;
385(9963): 117–171.

Increased risk of CV death in survivors



K. Sturgeon, et al.
European Heart Journal
(2019) 40, 3889–3897.

Increased risk of CV disease & HF in survivors



R. Florido, et al. J Am Coll
Cardiol. 2022 July 05;
80(1): 22–32.

Who is at higher risk?

- Received treatment for Hodgkin lymphoma as a child
- Are 65 and older
- Received higher doses of chemotherapy
- Received certain medicines, such as trastuzumab (Herceptin, Ogivri) and doxorubicin (Adriamycin, Doxil)

What medications confer higher risk for heart fa

- Trastuzumab
- Doxorubicin
- Daunorubicin (Cerubidine)
- Epirubicin (Ellence)
- Cyclophosphamide (Genoxal, Mitoxan)
- Osimertinib (Tagrisso)
- 5-FU

... and lots of others!

What medications confer higher risk for high blood pressure

- Bevacizumab (Avastin, Mvasi)
- Sorafenib (Nexavar)
- Sunitinib (Sutent)

... and lots of others!

What should you do to determine your risk?



Ask your doctor if the treatments you are receiving can affect your heart.

Blood Pressure - 101

- “135/82 mmHg”
- Top number = Systolic blood pressure = pressure in the arteries when the heart beats
- Bottom number = Diastolic blood pressure = pressure in the arteries when the heart is resting between heart beats.
- **Normal:** systolic lower than 120 mm Hg and diastolic lower than 80 mm Hg



**Blood Pressure Control
($\leq 120/80$ mmHg)**



Lifestyle Choices for Heart Health

- Nutrition
- Physical Activity
- Emotional & Mental Wellbeing – Stress Management

Nutrition



CUT BACK ON junk foods, takeaways & foods or drinks high in sugar, salt or saturated & trans fats



Portion sizes



Non-starchy veggies
e.g broccoli, cauliflower,
carrots
The more colors, the
better!



**Starchy veggies/legumes/
Grains**
e.g rice, corn, bread roll,
potato, chickpeas, lentils,
beans, taro,



Fish



Poultry/Meat
Thickness similar to our
palm.



Snacks

Nutrition

Fruits and vegetables to choose

- Fresh or frozen vegetables and fruits.
- Low-sodium canned vegetables.
- Canned fruit packed in 100% juice or water.

Fruits and vegetables to limit

- Coconut.
- Vegetables with creamy sauces.
- Fried or breaded vegetables.
- Canned fruit packed in heavy syrup.
- Frozen fruit with sugar added.

Nutrition

Grain products to choose

- Whole-wheat flour.
- Whole-grain bread, preferably 100% whole-wheat bread or 100% whole-grain bread.
- High-fiber cereal with 5 g or more fiber in a serving.
- Whole grains such as brown rice, barley and buckwheat (kasha).
- Whole-grain pasta.
- Oatmeal (steel-cut or regular).

Grain products to limit or avoid

- White, refined flour.
- White bread.
- Muffins.
- Frozen waffles.
- Cornbread.
- Doughnuts.
- Biscuits.
- Quick breads.
- Cakes.
- Pies.
- Egg noodles.
- Buttered popcorn.
- High-fat snack crackers.

Limit the amount of fats/fatty foods

- Limit amount of saturated fats: less than 6% of your calories, e.g.
if you take in 2,000 calories, then no more than 11g in a day.
- No trans fats! Not allowed to be used in the US.
- Check the food labels!

Check the food labels

Nutrition Facts	
about 11 servings per container	
Serving size	3 cookies (33g)
Amount per serving	
Calories	160
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 22g	8%
Dietary Fiber Less than 1g	3%
Total Sugars 11g	
Includes 11g Added Sugars	22%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.1mg	6%
Potassium 40mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Chips Ahoy!
ORIGINAL

New RECIPE!

Nestlé

TOLL HOUSE
SINCE 1939

No Artificial Colors or Flavors
No Preservatives

Sugar
Cookie Dough

PER 1 COOKIE

80 CALORIES	1g SAT FAT 2% DV	70mg SODIUM 1% DV	6g TOTAL SUGARS
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MAKES 24 COOKIES
Keep Refrigerated

NET WT 16 1/2 OZ (1 LB 1/2 OZ) 467g

DO NOT CONSUME RAW COOKIE DOUGH

Nutrition Facts	
24 servings per container	
Serving size	1 Cookie (19g)
Amount per serving	
Calories	80
<small>% Daily Value*</small>	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1g	
Cholesterol <5mg	2%
Sodium 70mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 6g Added Sugars	12%
Protein <1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.4mg	2%
Potassium 10mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are there healthy fats?



Go for low-fat protein sources

- Trim visible fat off!
- Skinless chicken breast.
- Go for fish – ideally the ones rich in omega-3 fatty acids, e.g salmon, mackerel, herring.
- Soybeans, flaxseed.
- Legumes — beans, peas and lentils — are good low-fat sources of protein. They contain no cholesterol, making them good substitutes for meat. And high in fiber!

Nutrition

Proteins to choose

- Low-fat or fat-free dairy products, such as skim or low-fat (1%) milk, yogurt and cheese.
- Eggs.
- Fish, especially fatty, cold-water fish, such as salmon.
- Skinless poultry.
- Legumes.
- Soybeans and soy products, such as soy burgers and tofu.
- Lean ground meats.

Proteins to limit or avoid

- Full-fat milk and other dairy products.
- Organ meats, such as liver.
- Fatty and marbled meats.
- Spareribs.
- Hot dogs and sausages.
- Bacon.
- Fried or breaded meats.

How about dairy?

- Low fat or skim milk and not full-fat dairy
- Cheese in moderation!

How much salt is ok to have?

- Have no more than 2,300 milligrams (mg) of sodium a day. That's about a teaspoon of salt.
- Ideally have no more than 1,500 mg of sodium a day
- Limiting the amount of salt you add to food at the table or while cooking is a good first step.

But much of the sodium comes from **canned or processed foods**, e.g. soups, baked goods and frozen dinners.

- Eat **fresh foods** and make your own soups and stews to lower the amount of sodium you eat.

How much salt is ok to have?

- Always check the sodium content on the label!
- Choose your condiments carefully. Many condiments are available in reduced-sodium versions.
- Salt substitutes can add flavor to your food with less sodium.

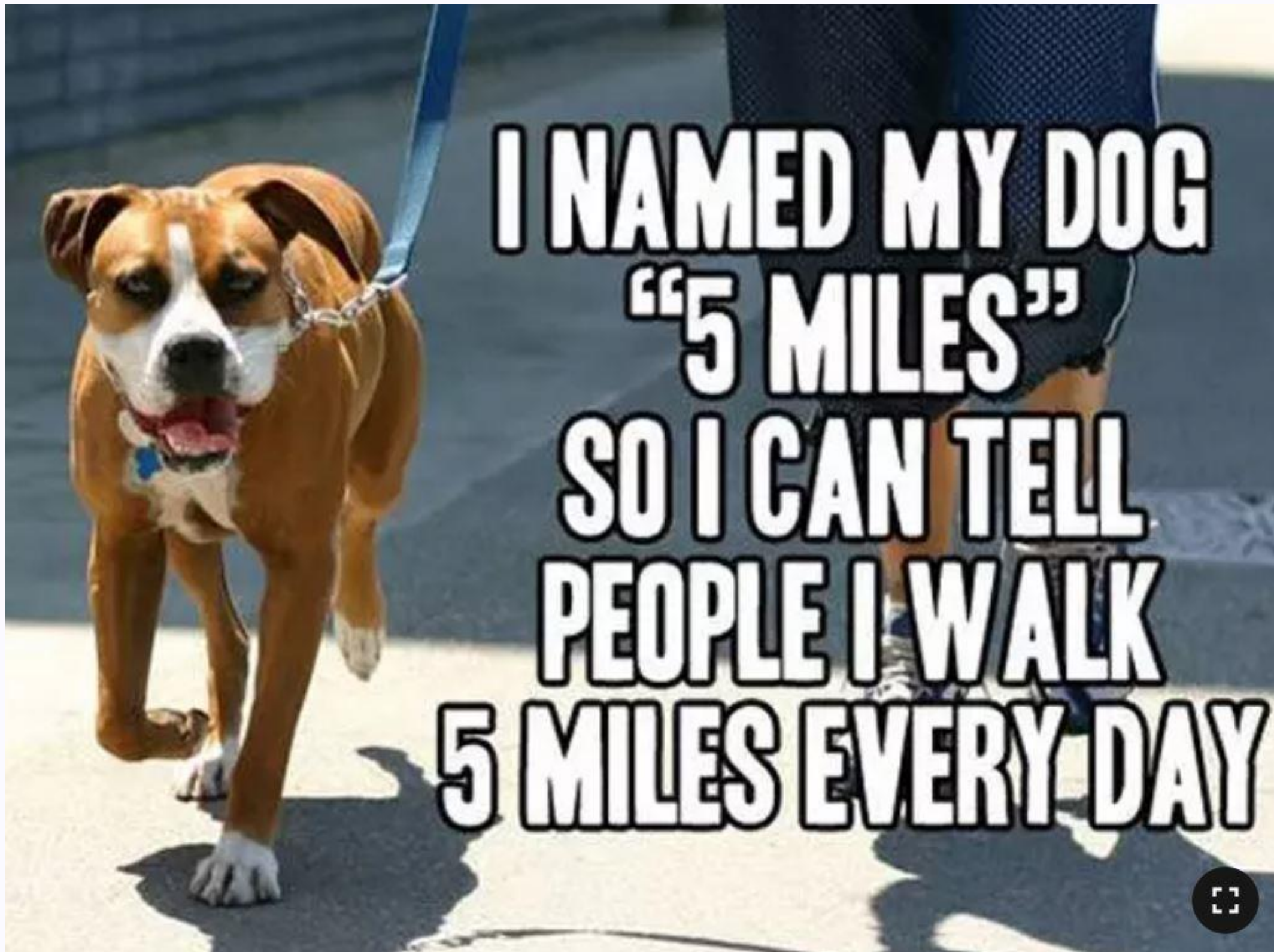
Example of heart healthy meal plan

Breakfast: Greek yogurt with berries and a sprinkle of chopped nuts
(protein, fiber, healthy fats)

Lunch: Tuna salad sandwich on whole-wheat bread with lettuce, tomato, and avocado (lean protein, whole grains, healthy fats)

Dinner: Baked salmon with roasted vegetables and quinoa (fish with omega-3s, whole grains, fiber)

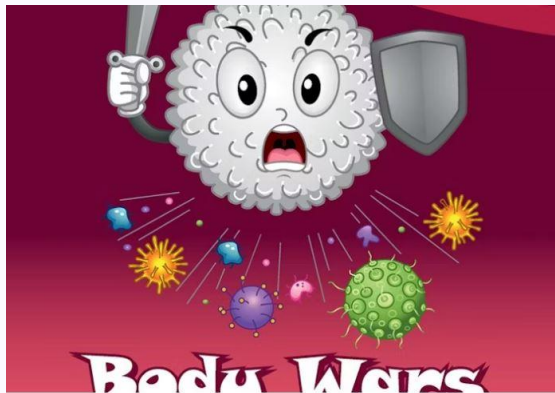
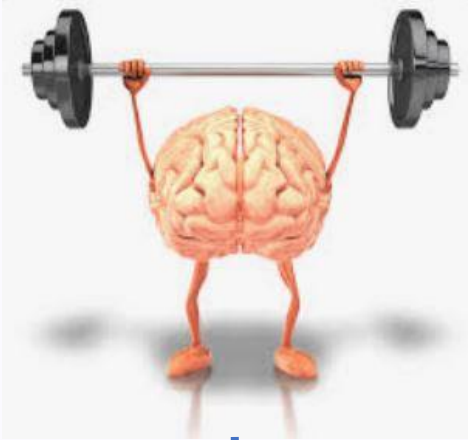
Snack (optional): Apple slices with almond butter (fruit, healthy fat)



Exercise For Cancer Prevention and Treatment



Exercise





10
Minutes
of stretching is like
walking the length of
a football field



2.5
Hours
of walking every week for a
year is like walking across the
state of Wyoming



30
Minutes
of singles tennis is
like walking a 5K



1
Hour
of dancing every week for
a year is like walking from
Chicago to Indianapolis



20
Minutes
of vacuuming is like
walking one mile



30
Minutes
of grocery shopping every
other week for a year is like walking a marathon

150
minutes
of moderate
aerobic activity



OR

75
minutes
of vigorous
aerobic activity



or a combination of both, spread throughout the week.



SIT LESS

Get up and move throughout the day.



ADD INTENSITY

Increase time, distance, amount or effort for more benefits.



BE STRONG

Include muscle-strengthening activity (like resistance or weight training) at least twice a week.

Moderate vs. Vigorous aerobic activities

Moderate: you'll breathe harder than normal, but you'll **still be able to talk.**

- ✓ brisk walking (at least 2.5 miles per hour)
- ✓ water aerobics
- ✓ dancing (ballroom or social)
- ✓ gardening
- ✓ tennis (doubles)
- ✓ biking slower than 10 miles per hour

Moderate vs. Vigorous aerobic activities

Vigorous: You'll probably get warm and begin to sweat. **Unable to talk** much without getting out of breath.

- ✓ hiking uphill or with a heavy backpack
- ✓ running
- ✓ swimming laps
- ✓ vigorous aerobic dancing
- ✓ heavy yardwork such as continuous digging or hoeing
- ✓ tennis (singles)
- ✓ cycling 10 miles per hour or faster
- ✓ jumping rope

Be active as much as you can

- Be active however and wherever you can! It all adds up to better health.
- Avoid inactivity and return to normal daily activities as soon as possible after diagnosis and treatment.
- Keep it consistent - Take part in regular physical activity.
- Start slowly and build up the amount of physical activity over time.
- If you exercised before treatment, you might need to exercise less or at a lower intensity during treatment.
- Take your time and be patient with yourself as you gradually increase your activity. Remember – the most important thing is to move as much as you can.

Personalized Exercise Routines

Consult Experts

Work closely with your healthcare team to develop a personalized exercise plan that aligns with your unique needs and abilities.

Celebrate Milestones

Recognize and celebrate your progress, no matter how small, to stay motivated and inspired on your journey to better heart health.

1

2

3

Start Slowly

Begin with gentle, low-impact activities and gradually increase the intensity and duration as you build strength and endurance.

Monitoring Your Progress



Heart Health Checkups

Regularly monitor your blood pressure, cholesterol levels, and other cardiovascular markers with your healthcare team.



Activity Tracking

Use fitness trackers or apps to monitor your physical activity and ensure you're meeting your exercise goals.



Weight Management

Maintain a healthy weight through a balanced diet and regular exercise to support your overall cardiovascular health.



Ongoing Support

Stay in close communication with your healthcare providers to address any concerns and make adjustments to your plan as needed.



Building a Support Network

1

Connect with Others

Seek out support groups or online communities of cancer survivors who share your goals and experiences.

2

Enlist Family and Friends

Involve your loved ones in your journey, as their encouragement and accountability can be invaluable.

3

Celebrate Victories

Recognize and commemorate your progress, no matter how small, to stay motivated and inspired.

Embracing a Resilient Future

Cardiovascular Health

Mitigate risks and
strengthen your heart

Empowered Lifestyle

Adopt sustainable
habits for long-term
wellness

Renewed Vitality

Embrace life with
confidence and
resilience

Resources

- <https://www.cancer.org/cancer/survivorship/long-term-health-concerns/long-term-side-effects-of-cancer.html>
- <https://www.heart.org/en/healthy-living>
- <https://www.cancer.org/cancer/survivorship/be-healthy-after-treatment.html>
- <https://www.exerciseismedicine.org/eim-in-action/moving-through-cancer/>
- <https://recipes.heart.org/en/>
- <https://www.heart.org/en/grocery-list>
- <https://www.cancer.org/cancer/survivorship/be-healthy-after-treatment/physical-activity-and-the-cancer-patient.html>

Thank you!

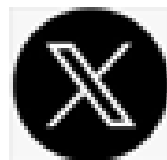
Questions?

Let's connect!

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