

ASCVD Podcast – Tackling the Problem Through Lifestyle Modifications

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ASCVD Perspectives portrays the journey of a typical patient through their various care settings after a recent cardiac event and being diagnosed with clinical ASCVD. This podcast is intended to be a guide to educate patients on shared decision-making practices and provide examples of questions they can incorporate into their personal experience. It also serves as a model to help clinicians understand different ways they can empower their patients to become advocates and active leaders in their own disease management.

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foods, but just being mindful of how much. Butter, lard, bacon fat, sauces and gravies that are coming from animals are high sources of saturated fat, which then in turn can increase your bad LDL cholesterol.

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Kattia (patient): OK, so what types of food should I be eating and avoiding, to improve my cholesterol?

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Julia Zumpano, RD: That's a great question. Mediterranean diet is the one that's been advised the most, and the reason is because it has been shown to have positive outcomes on cholesterol and reducing the risk of heart disease. So, the Mediterranean diet is abundant in fruits and vegetables; le58.1 pK2.8 t2,n2 ear8.9 t2.66,02 eg2 e50/c

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Julia Zumpano, RD: So Kattia, as a summary for today, I'd like you to assess your surroundings and see if there are any types of exercises that you feel that you could safely start to incorporate regularly in your home. And start with your own pantry and cupboards and take a look at the foods that are there and see which foods kind of fit within the criteria we spoke about, and which foods you might be able to include. And then as for a follow up, I generally recommend a one to three month follow up if that were to be feasible for you.

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Julia Zumpano, RD: One concern is that we want to check your insurance. Make sure that your insurance
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