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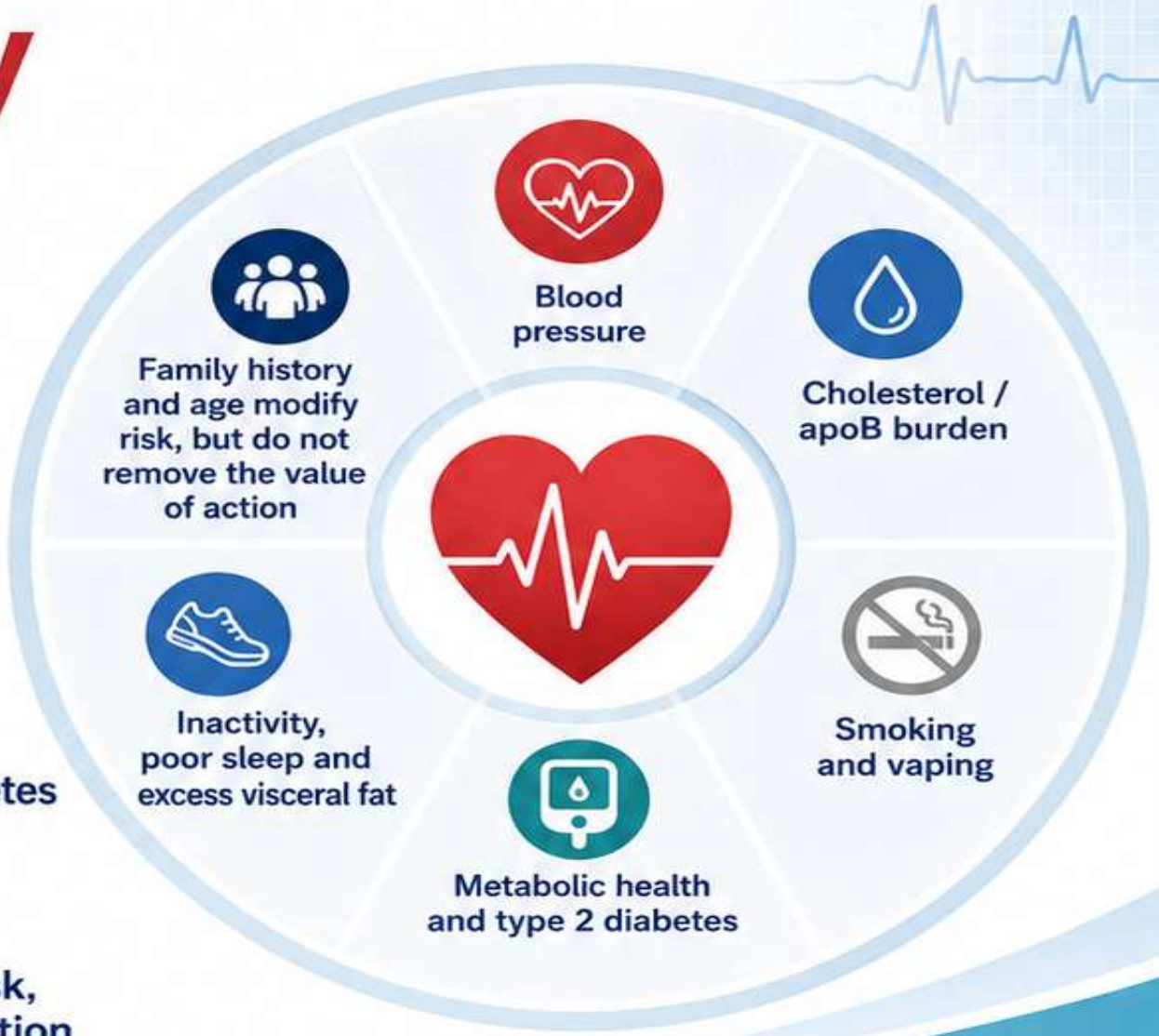
Why prevention matters

- Heart disease often builds silently over years
- Prevention lowers risk of heart attack and heart failure
- It also helps protect energy, mobility and independence
- Small changes, done consistently, matter more than quick fixes



What really drives heart risk

- Blood pressure
- Cholesterol / apoB burden
- Smoking and vaping
- Metabolic health and type 2 diabetes
- Inactivity, poor sleep and excess visceral fat
- Family history and age modify risk, but do not remove the value of action



Exercise: your most powerful lever

- Aim for 150 minutes a week of moderate activity
- Include 2 sessions a week of strength training
- Walk more, sit less, and build activity into daily life
- Balance and mobility matter as we get older
- Fitness and muscle both protect the heart



Nutrition: simple beats perfect

- Build meals around whole, minimally processed foods
- Mediterranean-style eating has the best evidence base
- Prioritise protein, fibre, vegetables, pulses and healthy fats
- Reduce ultra-processed foods, sugary drinks and excess alcohol
- Think about patterns, not individual 'superfoods'



Diet myths and supplements

- Dietary cholesterol is not the main driver for most people
- The bigger issue is the overall dietary pattern and apoB burden
- Be cautious of miracle claims and social media hype
- Some supplements may help in selected cases
- Supplements do not replace exercise, sleep and nutrition



Metabolic health and type 2 diabetes

- Insulin resistance often develops long before diabetes is diagnosed
- Waist size is a practical clue to visceral fat
- Better sleep, movement and muscle all improve glucose control
- Weight loss can be very powerful for the right person
- Newer weight-loss medications can help selected patients



Know your numbers

- Blood pressure
- Cholesterol / non-HDL / apoB
- HbA1c or glucose
- Waist, weight and fitness
- Sleep, smoking, alcohol and family history
- What gets measured is more likely to improve



BLOOD PRESSURE
120/80
mmHg

NON-HDL CHOLESTEROL
2.6
mmol/L

HbA1c
5.7%

WAIST
92
cm

SLEEP
7.0
hrs

Personalised prevention

- One size does not fit all
- Some people benefit from deeper assessment
- Options may include ECG, echo, fitness testing, apoB, Lp(a), CT calcium or CT coronary imaging
- The goal is a practical plan, not just more data
- Structured support can help people turn intentions into action



Your heart health checklist

- Check your blood pressure
- Walk most days and add 2 strength sessions weekly
- Improve one or two regular meals
- Reduce smoking, vaping and excess alcohol
- Protect sleep and work on waist size / metabolic health
- Book a review if you need a more personalised plan



Any questions?