

# From Heart to Gut

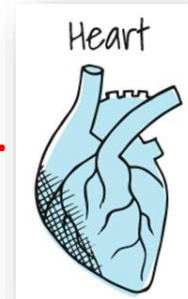
*The mind and body story*

Elaine Chong  
New Zealand Registered Dietitian

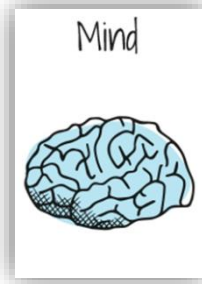
# From Heart to Gut

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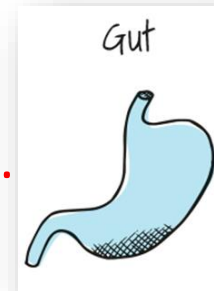
- 70 year Chinese Man.
- Dizziness found to have **complete heart block**.
- Managed with medication as well as PPM.



- Loss of confidence.



- **Worsening constipation.**
- **Weight loss of 10kg (12% weight loss in 12 months).**
- **Current BMI=19kg/m<sup>2</sup>.**



# Discussion Points

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- What are the possible management plan?
- Setting achievable nutrition goals.
- Would he benefits from a Nutritionist or a Dietitian input?



# FACT:

Focussed Acceptance and Commitment Therapy by *Kirk Strosahl Ph.D.*

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<b>Love</b>	Supportive wife and family. Live with wife. Children live close by.
<b>Play</b>	Tai Chi and meals with friends and family.
<b>Work</b>	Successful business owner. Reduced work hours since post-surgery; July 2017.
<b>Health</b>	Deteriorate since January 2017; complete heart block diagnosis.

<b>Time</b>	Over 14 months.
<b>Trigger</b>	Complete heart block diagnosis in January 2017.
<b>Trajectory</b>	Post-surgery (July 2017); Poor appetite, GI problem, weight loss, swallowing problem.

<https://www.goodfellowunit.org/events/webinar-fact-radical-change-possible-patients-brief-primary-care-visits>  
<https://www.brucearroll.com/>

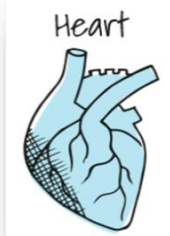
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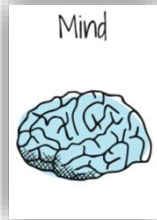
# Nutrition Intervention

From Heart to Gut: *Where do we start?*

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Heart Health.



Anxiety around food and eating.



IBS: constipation.

Swallowing problem.

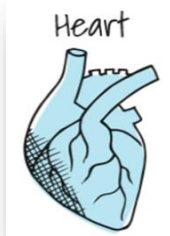
## Outcomes

- Weight loss of 10kg (12% weight loss in 12 months).
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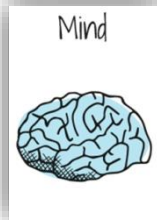


# Nutrition Intervention: From Heart to Gut

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Heart Health.



Anxiety around food and eating.



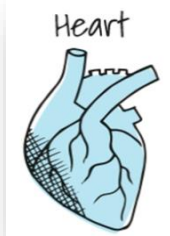
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Outcomes

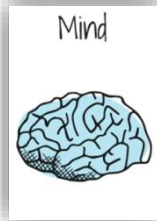
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# Nutrition Intervention: From Heart to Gut



Heart Health.



Anxiety around food and eating.



IBS: constipation.

Swallowing problem.

**Goal:** Get the gut moving.

- Low FODMAP.
- Regular meal.
- Modified texture.
- Increase calories intake.

Outcomes

- Weight loss of 10kg (12% weight loss in 12 months).
- Current BMI=19kg/m<sup>2</sup>.

# Basic Nutrition interventions

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## The Foundation:

- ▶ Drinks
- ▶ Regular meals



## The Nutrition:

- ▶ Healthy Plate Concept
- ▶ Fat, sugar, salt
- ▶ Portion control.





## Heart Health (Protein):

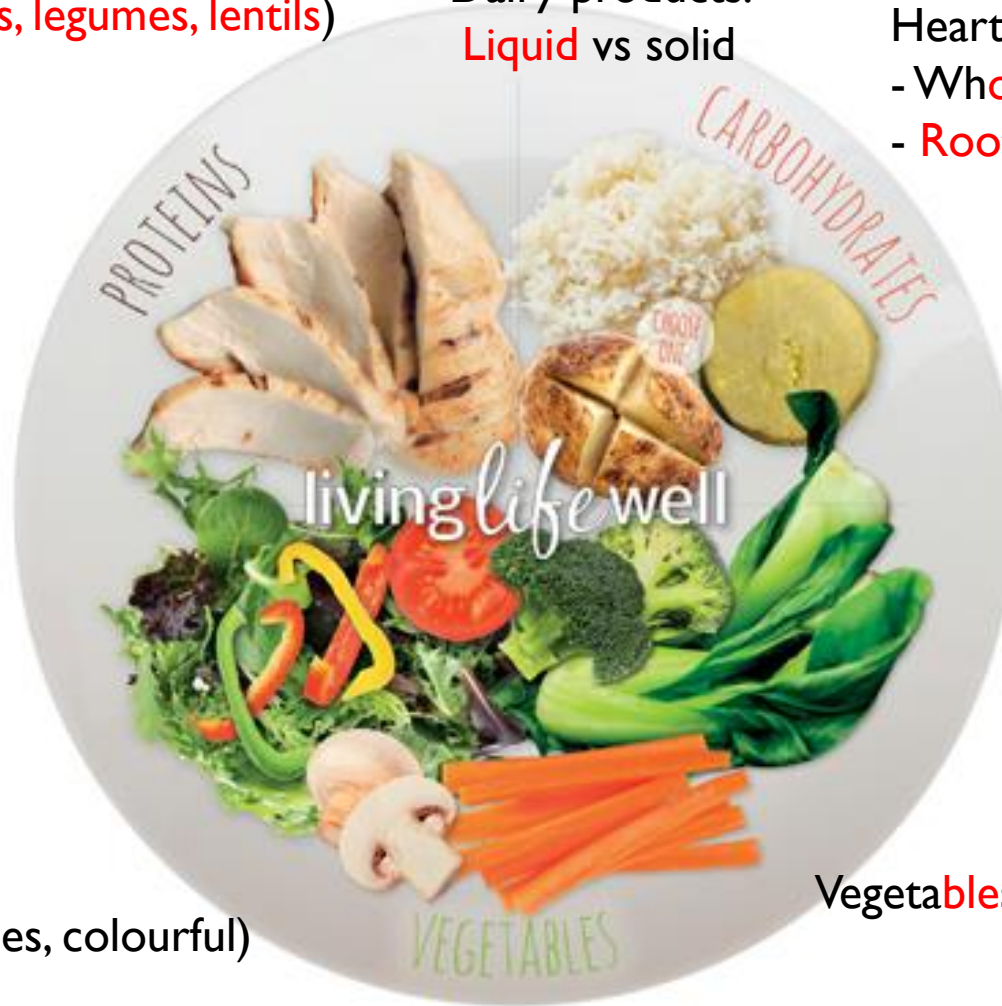
- Less saturated fat (animal sources)
- More unsaturated fats (marine animals, **nuts, legumes, lentils**)

## Dairy products:

**Liquid** vs solid

## Heart Health (Carbohydrate):

- **Whole**grains
- **Root** vegetables.



**Fruits** (varieties, colourful)

**Vegetables** (varieties, colourful)



# Management Goals:

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- ▶ Reestablish foundation.
- ▶ Reduce symptoms.
- ▶ Rebuilt new routine.



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