



بازآموزی عوامل خطر تغذیه ای بیماریهای غیر واگیر

ویژه پزشکان عمومی و خانواده

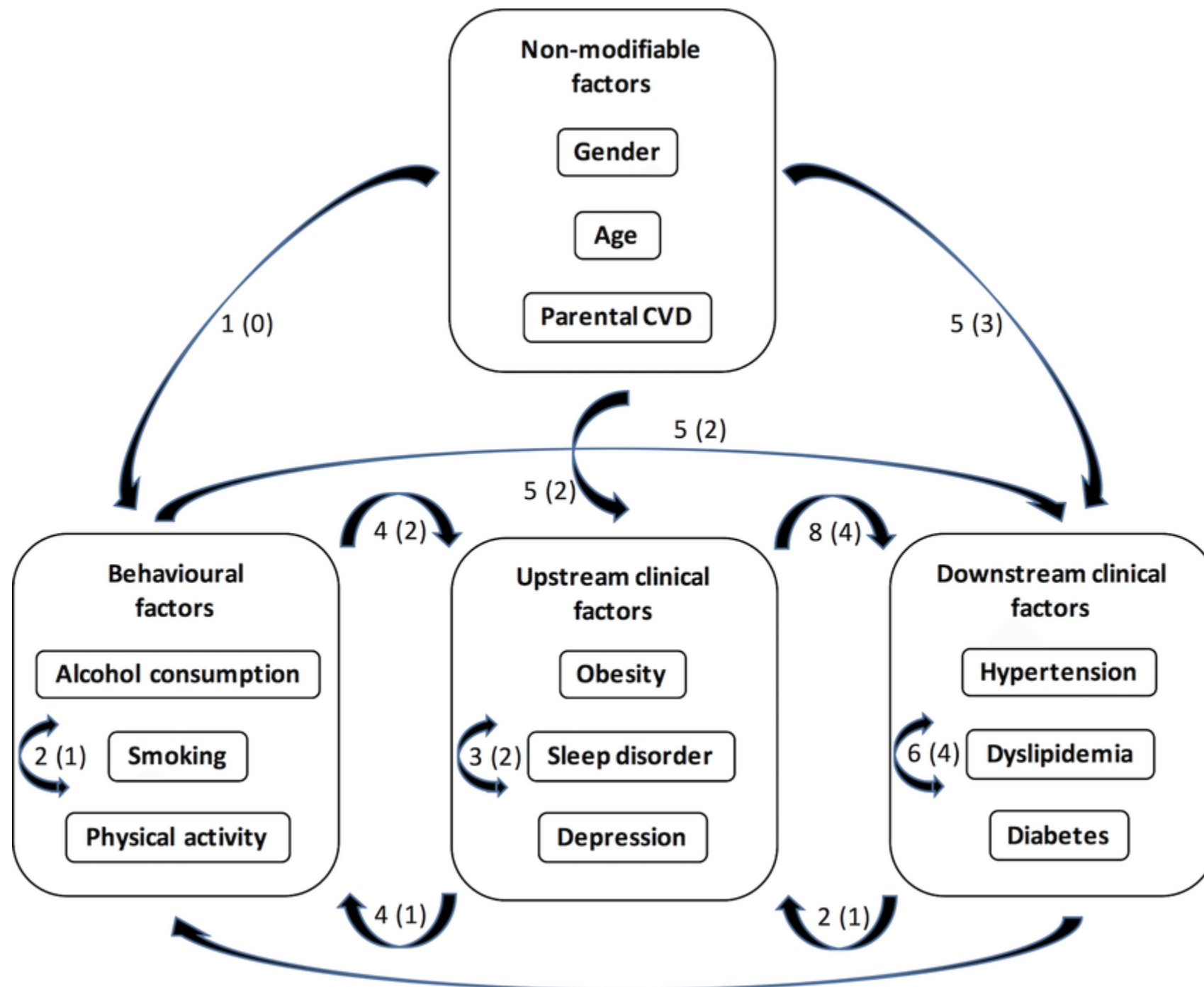
۱۸ دی ۱۴۰۳

تخصص سخنران	نام و نام خانوادگی	عنوان	زمان
متخصص پزشکی اجتماعی	دکتر آبتین حیدرزاده	عوامل خطر تغذیه ای فشار خون بالا و بیماریهای قلب و عروق	۸:۳۰ تا ۹:۰۰
متخصص پزشکی اجتماعی	دکتر زیبا فرج زادگان	عوامل خطر تغذیه ای سرطان ها	۹:۰۰ تا ۹:۳۰
متخصص پزشکی خانواده	دکتر مژگان گران	عوامل خطر تغذیه ای بیماریهای اسکلتی عضلانی	۹:۳۰ تا ۱۰:۰۰
متخصص پزشکی خانواده	دکتر نسیم عبادتی	عوامل خطر تغذیه ای بیماریهای تیروئید	۱۰:۰۰ تا ۱۰:۳۰
متخصص تغذیه	دکتر محسن مداح	عوامل خطر تغذیه ای دیابت	۱۰:۳۰ تا ۱۱:۰۰
متخصص تغذیه	دکتر محسن مداح	عوامل خطر تغذیه ای چاقی	۱۱:۰۰ تا ۱۱:۳۰

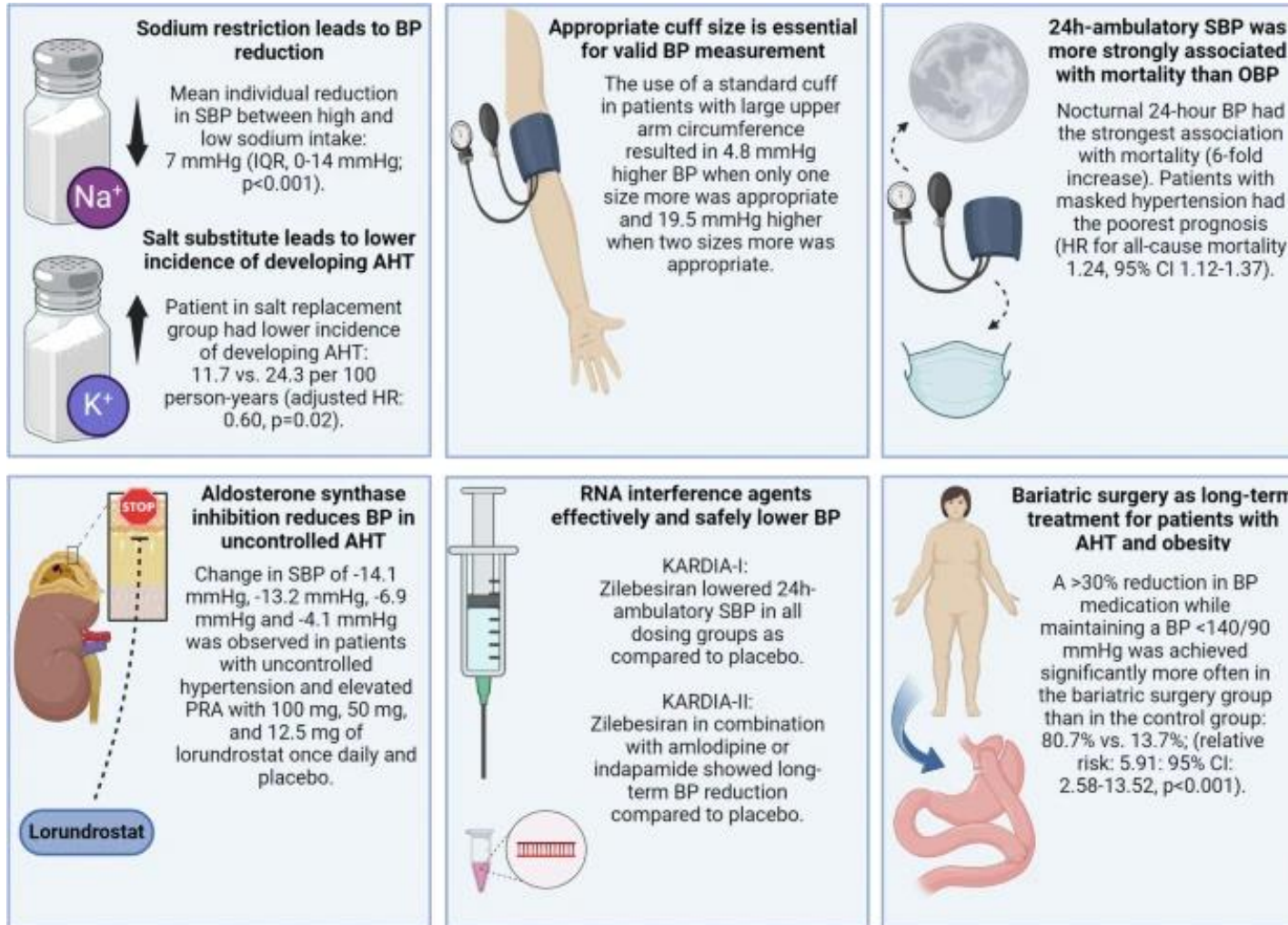
عوامل خطر تغذیه ای فشار خون بالا و بیماریهای قلب و عروق

ارائه دهنده: دکتر آبتین حیدرزاده

عضو هیئت علمی دانشگاه علوم پزشکی گیلان



Arterial hypertension—clinical trials update 2024



Key Nutritional Risk Factors

Excess Sodium Intake

A high sodium diet is a primary risk factor for hypertension.

Excessive sodium causes the body to retain fluid, leading to increased blood volume and pressure in the arteries

The recommended limit is no more than 2,300 mg per day, with an ideal target of 1,500 mg for those at risk

Key Nutritional Risk Factors

Low Potassium Levels

Potassium helps balance sodium levels and relaxes blood vessel walls, which can lower blood pressure. Insufficient potassium intake is linked to higher hypertension risk

Key Nutritional Risk Factors

High Saturated and Trans Fats

Diets high in saturated fats (found in red meat and full-fat dairy) and trans fats (often found in processed foods) can raise cholesterol levels and contribute to cardiovascular diseases

It is recommended to limit saturated fat to less than 10% of total energy intake and trans fats to less than 1%

Key Nutritional Risk Factors

Obesity

Being overweight or obese increases the likelihood of developing hypertension due to the greater demand for blood flow to supply oxygen and nutrients

Weight management is crucial for reducing blood pressure.

Key Nutritional Risk Factors

Alco

Heavy drinking (more than two drinks per day) can lead to hypertension by affecting the nervous system and increasing heart rate and blood vessel constrictionhol Consumption

Key Nutritional Risk Factors

Insufficient Dietary Fiber

A low-fiber diet, particularly one lacking fruits, vegetables, and whole grains, is associated with higher blood pressure levels. High-fiber foods help lower cholesterol and improve overall heart health

Key Nutritional Risk Factors

High Sugar Intake

Diets high in added sugars, particularly from sugary beverages, can lead to weight gain and increased blood pressure. Reducing sugar intake is beneficial for overall cardiovascular health

Key Nutritional Risk Factors

Vitamin D Deficiency

There is emerging evidence suggesting that low vitamin D levels may be linked to hypertension, although more research is needed to clarify this relationship

Dietary Recommendations

To mitigate these risks, adopting dietary patterns such as the DASH (Dietary Approaches to Stop Hypertension) diet is recommended.

This diet emphasizes:

- Fruits and Vegetables: Aim for at least five servings daily.
- Whole Grains: Choose whole grains over refined grains.
- Low-Fat Dairy: Incorporate low-fat or fat-free dairy products.
- Healthy Fats: Use sources like olive oil, nuts, while minimizing saturated fats.
- Lean Proteins: Include fish, poultry, legumes, and limit red meat consumption

با تشکر فراوان از شما

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