



HOLY FAMILY
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Heart Attack on a Platter

If you eat too much, you'll get sick..... Gluttony has been the death of many people. Avoid it and live longer.

—√Si 37.30-31

In years gone by skeptics wondered whether a single meal could actually trigger a heart attack. Over the last decade or two, we have learned a lot more about the physiological events that take place after eating a meal packed with carbohydrates, fat, and salt. Some research has found that it can set the stage for a heart attack. For example, a study of 1,986 heart-attack patients presented at the meeting of the American Heart Association in 2000 suggested that an unusually large meal quadrupled the chance of having a heart attack within the next two hours.

The Price of a Pig Out:

After a large meal (like a Thanksgiving meal that can easily exceed 4,000 calories), cardiac output of blood is increased and diverted to the intestinal circulation to aid digestion, which can take as long as 6 hours, leaving other organs, including the heart and brain, relatively deprived. The work involved in all this shunting around of blood might be equivalent of vigorous sex or moderate exercise. An increase in insulin, triggered by the carbohydrate content of the meal, can compound the situation by preventing normal relaxation of the coronary arteries. Triglyceride elevation, from fats and carbs, can impair the function of the inner lining of the coronary arteries and cause those vessels to become less elastic and acutely inflamed. Increases in inflammatory markers such as C-reactive protein have been noted following a large, high fat meal. And the rise in blood pressure that usually occurs after eating such a meal can cause those inflamed patches to rupture, which in turn can lead to blockages and heart attacks.

Gobbling down a huge dinner can have other health consequences, too. The prodigious amounts of gastric acid produced during the body's effort to digest the food can cause acid reflux that often goes on for many hours. The high fat content of a typical holiday feast can precipitate a gallbladder attack in people who have gallstones. The high salt content might trigger acute heart failure in someone with a history of that condition.

Add to those possibilities the sleepiness generated not only by the meal, but also by the wine one might imbibe (making the drive home an accident waiting to happen), possibility of embarrassing belching at the meal, waking up the next morning with acute gout, plus the embarrassing flatulence, and you have many good reasons to revamp your eating habits. The only thing you probably don't have to worry about is rupturing your stomach. That rarely happens because it can expand to accommodate nearly four times the normal volume of food.

Be a Gourmand, Not a Glutton

So what's a formerly "fearless foodie" to do when gathered 'round the family dinner table groaning with potentially deadly goodies?

- Don't arrive famished. Have a snack an hour or two before.
- Stay away from the finger food at the hors d'oeuvres table.
- Eat the salad.
- Use a salad plate instead of a dinner plate.
- Taste everything to your liking, but take small portions, and resist seconds.
- Eat slowly, and participate in conversation.
- Skip the dessert, or at least go easy on it. Fruit is preferable.
- Limit alcohol intake to one glass of wine, and drink at least one full glass of water.

Excerpts from this article were from Consumer Reports on Health by Marvin M. Lipman, M.D. Consumers Union's chief medical advisor since 1967. He is a diplomat of the American Board of Internal Medicine (certified in endocrinology and metabolism) and is clinical professor emeritus of medicine at New York Medical College.

Bon Appetite! Your Parish Nurses.

To contact Holy Family Parish Nurse Ministry call 330-688-6412 ext. 462 or view at www.holyfamilystow.org.