

DIET AT THE HEART OF CVD PREVENTION

This session will cover the role of a healthy diet in the management of cholesterol and the prevention of cardiovascular disease (CVD). The session aims to describe how to address CVD risk through dietary changes by reviewing the scientific evidence and presenting current guidelines and best practice regarding a heart-healthy diet. It will also address the role of plant sterols and stanols in cholesterol lowering and cardiovascular risk management. Introducing dietary modifications will be discussed within the context of the psychology of changing patient behaviour, focusing on simple practical approaches and tools that can be employed to facilitate behaviour change for healthy diet and lifestyle. Working case studies will be presented as a demonstration of behaviour change in practice. The session will finish with the introduction to a newly developed online tutorial focusing on the dietary management of dyslipidaemias.