Myocardial infraction, congestive heart failure, diet therapy
Myocardial infarction

- Commonly known as a **heart attack**, when blood flow stops to a part of the heart causing damage to the heart muscle.

- A heart attack occurs when an artery leading to the heart becomes completely blocked and the heart doesn’t get enough blood or oxygen.
• Without oxygen, cells in that area of the heart die (called an infarct).

• When an infarct forms in the heart known as myocardial infraction

• If in the brain it is called as stroke
Acute stage

- Care is highly individualized
- Electrocardiogram is used to monitor the condition
- Rest should be taken
- Medications are given to help heart muscles relax
• Parenteral dextrose is given & no food is given by mouth till 24-48 hours
• Sips of cool water are given then followed by
• Low fat liquid diet with 500-800 kcal & 1000-1500ml fluid diet
• Very small feeds for 2 to 3 days
• Soft diet about 1000-1200 kcal is prescribed

• Small, frequent feedings, easily digestible meals should be given

• Sodium is restricted (less than 1000mg)

• In edema is present then fluid is restricted

• A low salt, low cholesterol diet is used so that recurrence of heart attack is prevented
• Heart has four chambers.
• The upper half of the heart has two atria, and the lower half of heart has two ventricles.
• The ventricles pump blood to the organs and tissues, and the atria receive blood as it circulates back from the rest of the body.
• CHF develops when the ventricles can’t pump blood in sufficient volume to the body.
Eventually, blood and other fluids back up inside the:

- lungs
- abdomen
- liver
- lower body

CHF can be life-threatening. It’s important to get immediate medical treatment for it.
Congestive heart failure

• When cardiac output is not adequate to meet the circulatory demands of the body

• CHF occurs when the heart is unable to maintain adequate circulation of the blood

• CHF specifically refers to the stage in which fluid builds up around the heart causing it to pump inefficiently.
What are the Causes??

- Atherosclerosis
- Hypertension
- Myocardial infraction
- Rheumatic fever
- Birth defect
• The diet may be “as tolerated”
• Food should be nutrient-dense
• Easily eaten
• Easily digested
• An hour’s rest before meals conserve energy
• Large meals, which would exert upward pressure on the chest are undesirable
• Liquid formulas can be used to provide nutrients while moderating the feeling of fullness

• Provide supplements of water soluble vitamins & minerals

• Severe sodium restriction 500-1000 mg

• Fluid restriction may be advisable