Preventing Heart Disease



Now is the right time to start paying attention to your heart health. You can lower your risk for heart attack and stroke no matter how old you are by knowing the risk factors that affect your heart.

THE SYMPTOMS

Men and women may experience different symptoms of heart attack.



Men are more likely to experience symptoms including chest pain or pressure, or discomfort in the left arm.



Women may experience shortness of breath, flu-like symptoms, and back or neck pain.

WHAT YOU SHOULD KNOW

YOUR NUMBERS

Many tests to gauge your heart health are quick and easy.



- High blood pressure
- High LDL (bad) cholesterol
- High blood sugar

can cause heart disease.

YOUR FAMILY HISTORY



Your health care provider can use this information to tailor advice on how you can reduce your risk for heart disease.

What numbers should you look for?

BLOOD PRESSURE

Normal Borderline High 120-139 140+ <120 -AND-<80 80 - 8990+

FASTING BLOOD SUGAR



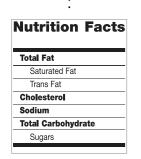


240+ MG/DL 200-239 MG/DL Borderline **<200** MG/DL Good

Improve your heart health







Check nutrition labels, especially on processed foods.





That means eating mostly vegetables, fruit, beans, nuts and whole grains.



Instead of butter, use olive oil.



Limit red meat to a few times each month.



Limit saturated fat, trans fats, sodium and sugar.



of regular activity every day is all it takes to make a real difference.



Walking the dog, gardening, and using the stairs count as activities that can help your heart.

You cut your risk of a heart attack by

after one year as a non-smoker!

If you smoke, you should

Quit before turning 50

People who quit smoking before age 50 have

50% less risk of dving in the next 15 years compared with

people who continue to smoke



It's never too late to start taking care of your heart

You'd be surprised at how quickly some of the steps above will reduce your risk and improve your heart health

For more information, or to make an appointment, visit shc.is/cardio or call 650.723.6459

