



Carry the Torch to Prevent Heart Disease

Risk factors you can control and treat

Above all: eat well, sleep well, play well for a long and healthy life!

Know Your Cholesterol

High blood cholesterol has no symptoms.

Meet with your physician to find out what your cholesterol levels are. To lower your LDL (or “bad” cholesterol), work with your doctor to create an exercise plan and a diet that is low in saturated fat and cholesterol, and free of trans fat. (Log onto americanheart.org for details)

Avoid tobacco smoke

Follow your doctor’s directions carefully.

Know Your Blood Pressure

High blood pressure is “The Silent Killer”. It has no symptoms!

It directly increases the risk of coronary heart disease, stroke, heart failure and kidney disease.

1 out of 3 adults don’t know they have it. Visit your doctor to find out what your blood pressure is and then monitor it. To reduce high blood pressure, eat a healthy diet, manage stress, and enjoy physical activity.

Enjoy the Benefits of Physical Activity

Exercise can help control blood cholesterol and Diabetes, lower blood pressure, and hasten weight loss.

For most healthy people, moderate activities such as walking, gardening, housework or dancing for at least 30 minutes on most days can help your heart. If you’ve been inactive, you can start with 10 minutes of physical activity, then work up to more.

Smoking

STOP SMOKING!

Smoking is the most preventable cause of death in the United States.

Address Obesity

A major risk factor for cardiovascular disease.

Obesity increases the risk of diabetes, high blood pressure, heart attack and stroke. Losing one to two pounds or less per week is considered a healthy weight loss. (One pound of fat equals 3,500 calories.)

Even modest weight loss (5 to 10% of body weight) can help lower your heart disease risk!

Beware of fad diets, programs and products that promise rapid weight loss.

Control Diabetes

Work with your doctor to effectively treat your diabetes and keep it under control.

Heart disease and stroke are the major causes of death and disability among people with Type 2 diabetes. It affects many more women than men after age 60.

Women with diabetes have from two to four times higher death rates from heart disease. (CDC – Women’s Health – Diabetes, 9/15/06)



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For a Heart Healthier Life, Ask Your Doctor These Questions

Cholesterol

What is my total cholesterol level?
What is my triglyceride level?
What are my HDL (“good”) and LDL (“bad”) levels?
What is cholesterol and how may it affect my health?
What is a healthy cholesterol level?
How often should I have my cholesterol checked?

High Blood Pressure

What is my blood pressure?
What is my systolic number?
What is my diastolic number?
What is high blood pressure and how may it affect my health?
How often should I have my blood pressure checked?

Obesity and Body Mass Index

What is my weight?
What is my height?
What is my Body Mass Index (BMI)?
What BMI range is healthy for me?
At what weight would I be considered overweight?
Obese?

Smoking

How can I quit smoking?
How can I avoid gaining weight after I quit smoking?

Family History

Does my family history of heart disease and stroke put me at increased risk for these diseases?

Diabetes

What is my fasting blood glucose (sugar)?
What is diabetes and how may it affect my heart health?
Diabetes runs in my family. How can I prevent it?
I have diabetes. How can I control it?
I have diabetes, and I know that increases my risk of heart disease and stroke.
Should I be on medication(s) to help lower or manage my risks?

Heart Attack and Stroke

What is a heart attack?
What is a stroke?
What are my risk factors for heart attack and stroke?
How would I know if I am having a heart attack or stroke?
What should I do if I think I’m having a heart attack or stroke?

Physical Activity

What can I do to start increasing my physical activity levels?

Risk

If I am at intermediate or high risk for heart disease, are medicines for blood pressure control, cholesterol control (e.g., statin, niacin, fibrates) and aspirin appropriate for me?



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