



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.

## WHAT YOU SHOULD KNOW

### 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.

### YOUR NUMBERS

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



- High blood pressure
  - High LDL (bad) cholesterol
  - High blood sugar
- High numbers increase your risk of 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	120-139	140+
—AND—	—OR—	—OR—
<80	80-89	90+

### FASTING BLOOD SUGAR

Normal	Pre-diabetes	Diabetes
60-99	100-125	≥126
MG/DL	MG/DL	MG/DL

### TOTAL CHOLESTEROL

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

## Improve your heart health

READ THE LABEL — TRY A MEDITERRANEAN DIET — SET LIMITS — EXERCISE YOUR HEART

Nutrition Facts	
<b>Total Fat</b>	
Saturated Fat	
Trans Fat	
<b>Cholesterol</b>	
<b>Sodium</b>	
<b>Total Carbohydrate</b>	
Sugars	

Check nutrition labels, especially on processed foods.



That means eating mostly vegetables, fruits, 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 **50%** after one year as a non-smoker.

If you smoke, you should **stop.**



### Quit before turning 50

People who quit smoking before age 50 have **50% less risk of dying** 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 [valleycare.com/cardio](http://valleycare.com/cardio) or call 925-847-3000.