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.

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?

<table>
<thead>
<tr>
<th>BLOOD PRESSURE</th>
<th>Normal</th>
<th>Borderline</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>&lt;120</td>
<td>≈80–89</td>
<td>140+</td>
</tr>
<tr>
<td>Pre-diabetes</td>
<td>120–139</td>
<td>90–109</td>
<td>140+</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FASTING BLOOD SUGAR</th>
<th>Normal</th>
<th>Pre-diabetes</th>
<th>Diabetes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fasting Blood Sugar</td>
<td>60–99</td>
<td>100–125</td>
<td>≥126</td>
</tr>
<tr>
<td>mg/dL</td>
<td>mg/dL</td>
<td>mg/dL</td>
<td>mg/dL</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TOTAL CHOLESTEROL</th>
<th>Normal</th>
<th>Borderline</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Cholesterol</td>
<td>&lt;200</td>
<td>≈200–239</td>
<td>&gt;240</td>
</tr>
<tr>
<td>mg/dL</td>
<td>mg/dL</td>
<td>mg/dL</td>
<td>mg/dL</td>
</tr>
</tbody>
</table>

Improve your heart health

READ THE LABEL
Check nutrition labels, especially on processed foods.

TRY A MEDITERRANEAN DIET
That means eating mostly vegetables, fruits, beans, nuts, and whole grains.

SET LIMITS
- Limit red meat to a few times each month.
- Limit saturated fat, trans fats, sodium, and sugar.

EXERCISE YOUR HEART
- 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.

Nutrition Facts

For more information, or to make an appointment, visit shc.is/cardio or call 650-723-6459.

SOURCES
Stanford Health Care (stanfordhealthcare.org) // Cleveland Clinic (my.clevelandclinic.org) // American Heart Association (heart.org)

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.