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 can cause heart disease.

**What numbers should you look for?**

<table>
<thead>
<tr>
<th>Blood Pressure</th>
<th>Fasting Blood Sugar</th>
<th>Total Cholesterol</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>Normal</td>
<td>Normal</td>
</tr>
<tr>
<td>&lt;120 mmHg</td>
<td>60–99 mg/dL</td>
<td>&lt;200 mg/dL</td>
</tr>
<tr>
<td>AND &lt;80 mmHg</td>
<td>OR 80–89 mg/dL</td>
<td>OR &lt;120 mg/dL</td>
</tr>
<tr>
<td>OR 140+ mmHg</td>
<td>&lt;100 mg/dL</td>
<td>200–239 mg/dL</td>
</tr>
<tr>
<td>OR 90+ mmHg</td>
<td>≥126 mg/dL</td>
<td>≥240 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, fruit, beans, nuts and whole grains.

**Set Limits**
- Limit red meat to a few times each month.
- Limit saturated fat, trans fats, sodium and sugar.
- Walking the dog, gardening, and using the stairs count as activities that can help your heart.

**Exercise your Heart**
- Of regular activity every day is all it takes to make a real difference.
- 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 shc.is/cardio or call 650.723.6459.

**Sources**
- Stanford Health Care (stanfordhealthcare.org)
- Cleveland Clinic (my.clevelandclinic.org)
- American Heart Association (heart.org)