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**
For everyone, the most common symptom of a heart attack is pain, pressure, tightness or discomfort in the chest. Other symptoms include nausea, shortness of breath, back pain and/or neck pain. Women experiencing symptoms tend to go untreated. It is important to know your body and seek medical guidance when symptoms arise.

**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 YOU SHOULD KNOW**

### 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.

**EXERCISE YOUR HEART**
- 30 MINS
- 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.

For more information, or to make an appointment, visit [shc.is/cardio](https://shc.is/cardio) or call 650.723.6459.

**SOURCES**
Stanford Health Care (stanfordhealthcare.org) • American Heart Association (heart.org)