

# 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.

## WHAT YOU SHOULD KNOW

### THE SYMPTOMS



Men are more likely to have chest pain or pressure, or discomfort in the left arm.



Women may have shortness of breath, flu-like symptoms, and back or neck pain.

### YOUR NUMBERS



- High blood pressure
  - High LDL (bad) cholesterol
  - High blood sugar
- Can cause heart disease.

### YOUR FAMILY HISTORY



Your health care provider can tailor advice on how you can reduce your risk for heart disease.



**30** MINS of regular activity every day is all it takes to make a real difference.

### ACTIVITIES THAT CAN HELP YOUR HEART



Walking the dog



Gardening



Using the stairs

## IF YOU SMOKE, YOU SHOULD STOP

You cut your risk of a heart attack by

**50%**

after one year as a non-smoker!

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](http://shc.is/cardio) or call 650.723.6459.

# Heart Healthy Foods



A heart healthy eating plan contains foods that can lower your risk of heart disease, heart attack and stroke. Healthy eating is a part of a heart-healthy lifestyle that includes regular activity and not smoking.



## CHOOSE HEALTHY FATS



Unsaturated fats, such as olive, canola, corn, and sunflower oils, are part of a healthy diet.

1g of fat = **9 CALORIES**

1g of protein or carbs = **4 CALORIES**

*watch your serving sizes*

## COOKING TIPS

Use products low in saturated fat instead of using butter or other fats high in saturated fat.

Experiment with herbs, spices, or even lemon to add flavor to low-fat foods.

## LIMIT YOUR INTAKE OF



Sodium and added sugar.



Saturated fat.  
*Choose lean meat, beans or tofu.*



Alcohol, if you drink.  
*2 drinks a day for men and 1 drink a day for women.*

Share pictures of your heart healthy meals with [#Heart2Heart](https://twitter.com/Heart2Heart).

# Know Your Numbers

Talk to your doctor today about your numbers. Getting your numbers checked regularly and knowing what they mean is the first step towards better health.

## My biometrics

HEIGHT	WEIGHT	AGE	GENDER
			<input type="checkbox"/> Male <input type="checkbox"/> Female

  

TOTAL CHOLESTEROL RANGES		
GOOD	BORDERLINE	HIGH
BELOW <b>200</b> mg/dL	<b>200–239</b> mg/dL	<b>240+</b> mg/dL

MY TOTAL CHOLESTEROL IS

\_\_\_\_\_ mg/dL

  

HDL CHOLESTEROL RANGE
INCREASED RISK
<b>Less than 40</b> mg/dL

MY HDL CHOLESTEROL IS

\_\_\_\_\_ mg/dL

  

FASTING BLOOD SUGAR RANGES		
NORMAL	PRE-DIABETES	DIABETES
<b>&lt;100</b> mg/dL	<b>100–125</b> mg/dL	<b>126+</b> mg/dL

MY BLOOD SUGAR IS

\_\_\_\_\_ mg/dL

  

BLOOD PRESSURE RANGES			
NORMAL	ELEVATED	HYPERTENSION STAGE ONE	HYPERTENSION STAGE TWO
BELOW <b>120</b> — AND — BELOW <b>80</b>	<b>120–129</b> — AND — BELOW <b>80</b>	<b>130–139</b> — OR — <b>80–89</b>	<b>140+</b> — OR — <b>90+</b>

MY BLOOD PRESSURE IS

\_\_\_\_\_ mmHg

\_\_\_\_\_ mmHg



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