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.

**ACTIVITIES THAT CAN HELP YOUR HEART**
- Walking the dog
- Gardening
- Using the stairs

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

**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 or call 650.723.6459.
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.

**Heart Healthy Foods**

- **Eat at least two servings of fish each week** that include heart healthy omega-3 fatty acids.
- **Eat a rainbow of fruits and vegetables** every day.
- **Eat a variety of grain products** every day.

**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**

**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.

**Source** HealthWise (healthwise.net)
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.

<table>
<thead>
<tr>
<th>My biometrics</th>
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</thead>
<tbody>
<tr>
<td><strong>HEIGHT</strong></td>
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<tr>
<td>----------</td>
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<tr>
<td></td>
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</table>

**TOTAL CHOLESTEROL RANGES**

<table>
<thead>
<tr>
<th>GOOD</th>
<th>BORDERLINE</th>
<th>HIGH</th>
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</thead>
<tbody>
<tr>
<td>BELOW 200 mg/dL</td>
<td>200–239 mg/dL</td>
<td>240+ mg/dL</td>
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**HDL CHOLESTEROL RANGE**

<table>
<thead>
<tr>
<th>INCREASED RISK</th>
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<tbody>
<tr>
<td>Less than 40 mg/dL</td>
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</table>

**FASTING BLOOD SUGAR RANGES**

<table>
<thead>
<tr>
<th>NORMAL</th>
<th>PRE-DIABETES</th>
<th>DIABETES</th>
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<tbody>
<tr>
<td>&lt;100 mg/dL</td>
<td>100–125 mg/dL</td>
<td>126+ mg/dL</td>
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**BLOOD PRESSURE RANGES**

<table>
<thead>
<tr>
<th>NORMAL</th>
<th>ELEVATED</th>
<th>HYPERTENSION STAGE ONE</th>
<th>HYPERTENSION STAGE TWO</th>
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</thead>
<tbody>
<tr>
<td>BELOW 120</td>
<td>120–129</td>
<td>130–139</td>
<td>140+</td>
</tr>
<tr>
<td>AND BELOW 80</td>
<td>80</td>
<td>80–89</td>
<td>90+</td>
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- Updates about Stanford Health Care in the community
- The latest in treatment advances and technology from Stanford Medicine

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