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.

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**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, 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**
- 30 minutes 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.

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**What numbers should you look for?**

<table>
<thead>
<tr>
<th><strong>BLOOD PRESSURE</strong></th>
<th><strong>FASTING BLOOD SUGAR</strong></th>
<th><strong>TOTAL CHOLESTEROL</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>Pre-diabetes</td>
<td>Good</td>
</tr>
<tr>
<td>&lt;120 AND &lt;80</td>
<td>60–99 MG/DL</td>
<td>&lt;200 MG/DL</td>
</tr>
<tr>
<td>Borderline</td>
<td>100–125 MG/DL</td>
<td>Borderline</td>
</tr>
<tr>
<td>High</td>
<td>≥126 MG/DL</td>
<td>High</td>
</tr>
</tbody>
</table>

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