

You Have Control Over Heart Disease



Take steps to protect your heart.
Make wise choices now for a
healthy heart at any age!

The Heart of the Matter

If you're like most people, you think that heart disease is a problem for others. But did you know that one in three adults in the U.S. have some form of heart disease, stroke or other blood vessel disease?

High Blood Pressure

- One in three American adults has high blood pressure.
- Only half have it under control.
- Almost 1,000 deaths each day are due to high blood pressure.

High Cholesterol Levels

- 73.5 million adults (31.7%) in the U.S. have high "bad" cholesterol.
- People with high total cholesterol have approximately twice the risk for heart disease as people with ideal levels.

Diabetes

30.3 people
MILLION have
diabetes

1 OUT OF **4** 
DO NOT KNOW THEY HAVE DIABETES

- 84 million people have prediabetes.

Excess Weight and Obesity

- More than two-thirds of American adults are overweight or obese.

Physical Inactivity

- Physical inactivity can lead to heart disease. Regular physical activity can lower the risk.

Smoking and Secondhand Smoke

- About 15% of American adults currently smoke cigarettes.
- One in three deaths from heart disease is caused by smoking and secondhand smoke.

Reduce Your Chances of Getting Heart Disease

1 High blood pressure:

Often has no symptoms, so many people don't even know they have it.

Have your blood pressure checked regularly. Is it in the safe range? If you smoke, quit.

2 High cholesterol levels:

Can lead to cholesterol buildup in your arteries that can create blockages that lead to heart disease and stroke.

Get your cholesterol tested.

3 Diabetes and prediabetes:

Are major risk factors for heart disease and stroke. Over time, having too much sugar in your blood can cause serious problems.

Have your fasting blood sugar level tested, and keep your number close to the recommended target levels.

4 Excess weight and obesity:

Greatly increase your likelihood of developing heart disease, high blood pressure and diabetes.

Have your weight checked, and you can calculate your body mass index (BMI) to measure body fat.

5 Physical inactivity:

Is bad for your overall health and your heart! The more active you are, the more you will benefit.

Get moving! Even modest amounts of physical activity are good for your health.

6 Smoking and secondhand smoke:

Greatly increase your risk for heart disease.

If you smoke, quit, and if you don't smoke, don't start!

Know Your Numbers

Talk to your doctor about your test results and work on a plan together to get you closer to healthier targets.

Blood Pressure Systolic/Diastolic (mmHg)

| Normal | At Risk | High |
|-------------------------------|---------------------|------------------------------|
| 120 or less and 80 or less | 121-139 or 81-89 | 140 or more or 90 or more |

Total Cholesterol Level (mg/dL)

| Normal | Borderline | High |
|---------------|------------|--------------|
| Less than 200 | 200-239 | 240 or above |

Fasting Blood Sugar (mg/dL)

| Normal | Prediabetes | Diabetes |
|-------------|--------------------|--------------|
| 99 and less | Between 100-125 | 126 and more |

Body Mass Index (BMI)

| Normal | Overweight | Obese |
|-----------|------------|-------------|
| 18.5-24.9 | 25-29.9 | 30 or above |

Five Ways to Protect Your Heart

1 Eat right.

- A heart-healthy meal is high in fiber, potassium and omega-3s, and low in unhealthy fats, sodium and added sugars.
- Eat: fruits and vegetables, whole grains, seafood, legumes, nuts and seeds, and lean meats.
- Eat less red meat and fewer processed foods high in sodium.

2 Drink alcohol moderately.

- One drink per day for women, and no more than two drinks per day for men.

3 Manage your stress, mind your anger and get help for depression.

- Learn practical ways to manage your stress.
- A commonly reported trigger for a heart attack is an emotionally upsetting event – especially one involving anger.
- Depression is a risk factor for heart disease. If you think you may be depressed, talk to your doctor.

4 Get restful sleep.

- Left untreated, sleep disorders and chronic short sleep contribute to an increased risk of heart disease, high blood pressure, obesity and diabetes.
- Make restful sleep a priority, and learn how to minimize sleep disturbances.

5 See your doctor regularly.

- Regular checkups and tests can help find problems early or before they start, when your chances for treatment and cure are better.
- By getting the right health services, screenings and treatments, you increase your chances for living a longer, healthier life.

Heart disease is the number one cause of death for men and women in the U.S.

The risk of heart disease increases as you age.

You are at greater risk if:

- You are a man over age 45.
- You are a woman over age 55.
- If you have a close family member who had heart disease at an early age.

Helpful Resources

Centers for Disease Control and Prevention (CDC): Heart Disease

www.cdc.gov/heartdisease

National Heart, Lung and Blood Institute: Heart and Vascular Diseases

www.nhlbi.nih.gov/health/resources/heart

Calculate Your Body Mass Index

www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

Physical Activity Guidelines for Americans

www.health.gov/paguidelines/guidelines

Healthy Heart Nutrition

www.nutrition.gov/nutrition-and-health-issues/heart-health

Dietary Approaches to Stop Hypertension (DASH)

www.nhlbi.nih.gov/health/health-topics/topics/dash

Smoking Cessation

www.smokefree.gov

