

KNOW YOUR NUMBERS

BLOOD PRESSURE is the force of your blood moving against the walls of your arteries. It's expressed as **TWO NUMBERS**:

Top Number:
SYSTOLIC (mm Hg)
 The pressure or force in the arteries when the heart beats

Bottom Number:
DIASTOLIC (mm Hg)
 The pressure measured between heartbeats

WARNING!

Over time elevated or high blood pressure weakens your heart, blood vessels and kidneys, and makes a stroke or heart attack much more likely

LIFESTYLE CHANGES that Lower Blood Pressure

Move More
 Get regular physical activity

Focus on Nutrition
 Follow the DASH diet and eat potassium-rich vegetables

Cut Salt
 Aim for 1,500 mg of sodium or less per day

Limit Alcohol
 For men, not more than 2 drinks per day; for women, 1

Lose Weight
 Losing just a few pounds can make a big difference

Don't Smoke
 If you smoke, stop

De-stress
 Meditation and rest help lower blood pressure



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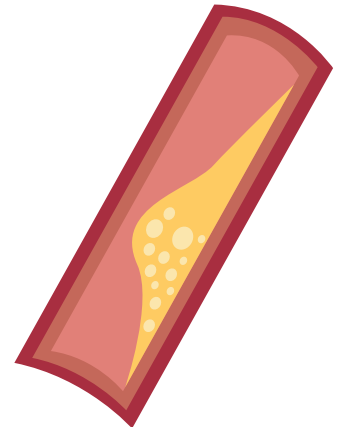
Go to CardioSmart.org/HighBP to learn more about High Blood Pressure.

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What is CHOLESTEROL?

▶ A **fat-like substance** in your blood. Too much can **clog your arteries and make a heart attack or stroke more likely.**



LDL "Bad" Cholesterol (sad face icon) + **HDL "Good" Cholesterol** (happy face icon) + **TRIGLYCERIDES/5** = **TOTAL CHOLESTEROL**

What Causes HIGH CHOLESTEROL?



FOOD TIPS

- ✓ **HDL-RAISING:** Olive oil, avocados, walnuts
- ✓ **LDL AND TRIGLYCERIDE-LOWERING:** Oatmeal, apples, oranges, salmon, tofu
- ✗ **LDL-RAISING:** Egg yolks, fatty meats, shellfish, full-fat dairy, processed snacks
- ✗ **TRIGLYCERIDE-RAISING:** Excessive drinking, simple carbs/starches, sugars, animal products

What raises LDL can also raise Triglycerides.

What YOU CAN DO



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▶ For more information, visit CardioSmart.org/Cholesterol

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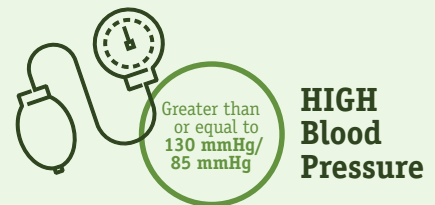
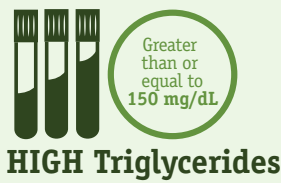
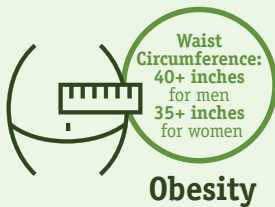
What is METABOLIC SYNDROME?

► It is a **CLUSTER OF RISK FACTORS** that can increase your risk of having:



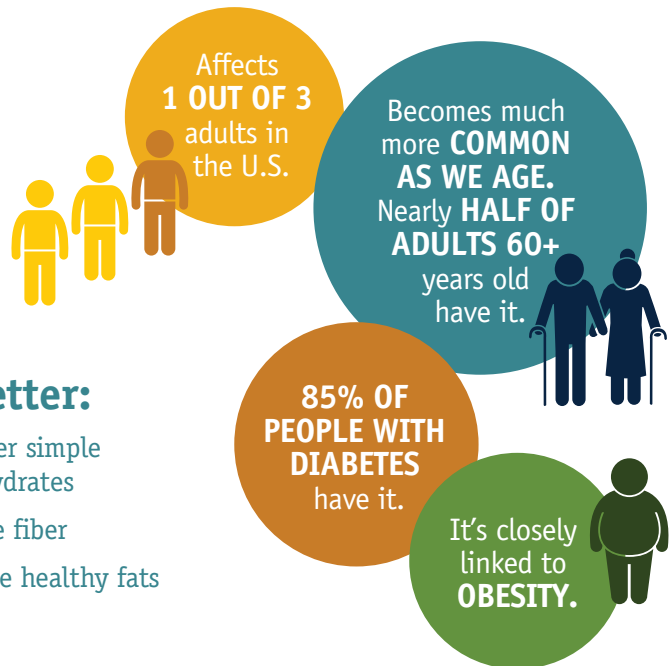
KNOW YOUR NUMBERS

People with metabolic syndrome have **AT LEAST 3 OF THE FOLLOWING:**



How to PREVENT it

► The best ways to **PREVENT – EVEN REVERSE** – metabolic syndrome:



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► For more information, visit CardioSmart.org/MetabolicSyndrome

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What is TYPE 2 DIABETES?

▶ A condition that occurs when your body **CAN'T PROPERLY PROCESS SUGAR INTO ENERGY**

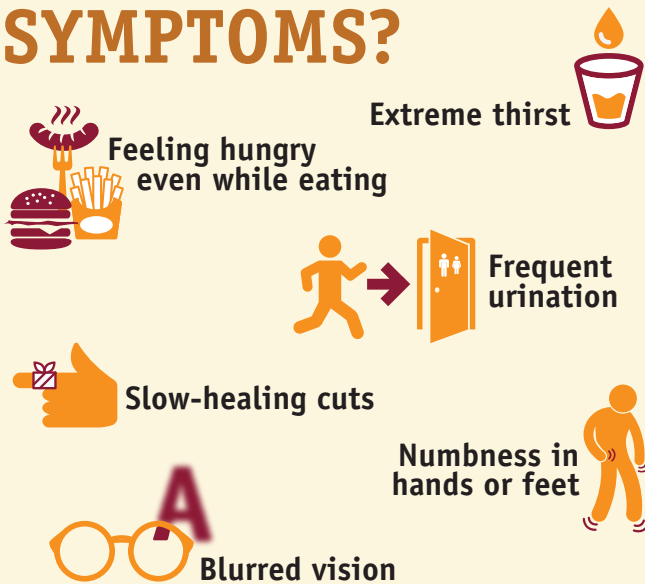
- ▶ The body fails to use insulin correctly, or
- ▶ The pancreas fails to make enough insulin



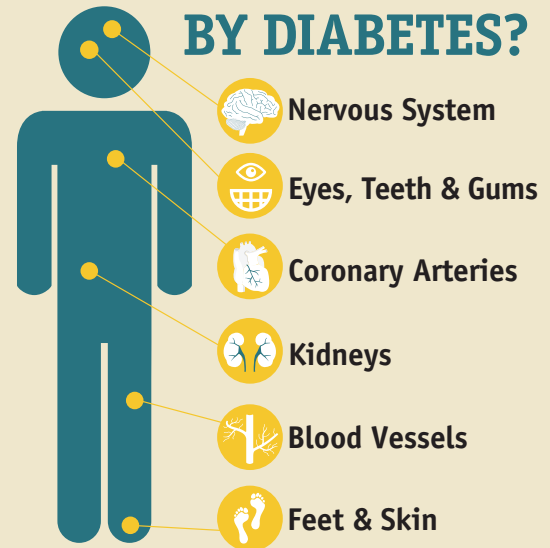
1 in 4 adults with diabetes don't know they have it

More than 29 million adults in the U.S. have diabetes

What are the SYMPTOMS?



What Parts of Your Body Can BE AFFECTED BY DIABETES?



Why is it DANGEROUS? High blood sugar can:



Increase risk of heart disease or heart failure



Lead to stroke



Cause high blood pressure



Threaten vision, limbs & extremities



Raise cholesterol

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▶ For more information, visit [CardioSmart.org/Diabetes](https://www.CardioSmart.org/Diabetes)

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Know Your Numbers

During a heart check up, your doctor takes a careful look at your "numbers," including your cholesterol and triglyceride levels, your blood pressure and more. Knowing your numbers is an important part of keeping your heart-healthy. It can help you and your doctor know your risks and mark the progress you're making toward a healthier you.

To get a quick overview of numbers you need to know and the goals you need to reach, use the following chart. If you choose, you can even post it on your refrigerator as a reminder to love your heart.

Then read on to learn the steps you can take to reduce your risk for heart disease. Once you know a few key facts about your numbers, you'll be on your way to mapping out a heart-healthy lifestyle for you and your loved ones.

Factor	Goal	
Total Cholesterol	Less than 200 mg/dL	
LDL ("Bad") Cholesterol	LDL cholesterol goals vary.	
	Less than 100 mg/dL	Optimal
	100 to 129 mg/dL	Near Optimal/Above Optimal
	130 to 159 mg/dL	Borderline High
	160 to 189 mg/dL	High
	190 mg/dL and above	Very High
HDL ("Good") Cholesterol	HDL cholesterol level above 40 mg/dL for Men OR 50mg/dL for Women	
Triglycerides	<150 mg/dL	
Blood Pressure	<120/80 mmHg	
Fasting Glucose	<100 mg/dL (Fasting Plasma Glucose) HbA1c (glycosylated hemoglobin) less than 7%	
Body Mass Index (BMI)	<25 Kg/m²	
Waist Circumference	<35 inches for Women <40 inches for Men	
Exercise	Minimum of 30 minutes most days, if not all days of the week If you get at least 30 minutes of moderate physical activity each day (like brisk walking), five times per week, you can almost guarantee yourself a healthier and more satisfying life while lowering your risks for heart disease, stroke and diabetes.	

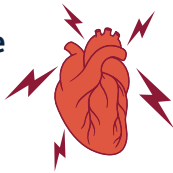
* "<" means "less than"

What is OBESITY?

When you carry too much fat on your body, placing your health at risk.

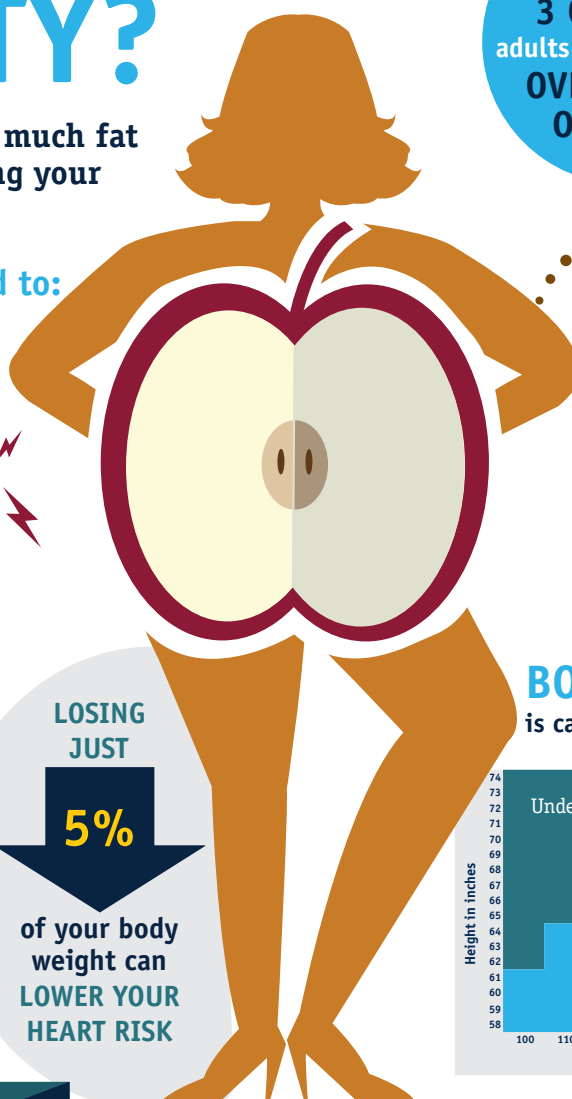
Obesity has been linked to:

- Heart disease
- High blood pressure
- High cholesterol
- Diabetes
- Heart failure
- Heart attack
- Stroke



NEARLY 3 OUT OF 4 adults in the U.S. are OVERWEIGHT OR OBESE

Too much fat around your middle (BEING "APPLE SHAPED") puts you at HIGHER RISK FOR HEART DISEASE – even if you have normal BMI



WAIST SIZE can signal trouble

35+ inches in general for women



40+ inches in general for men

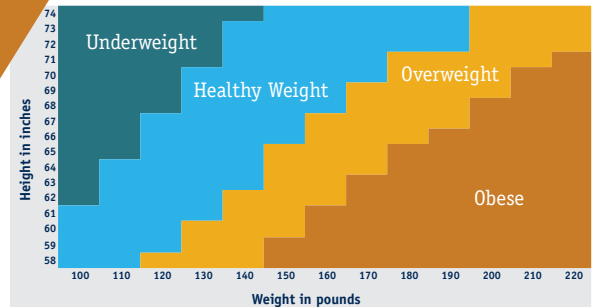


LOSING JUST

5%

of your body weight can LOWER YOUR HEART RISK

BODY MASS INDEX (BMI) is calculated using your weight and height



What YOU Can Do



Exercise more



Eat fewer calories



Get enough sleep



Limit alcohol

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

Go to CardioSmart.org/Obesity to learn more about obesity and ways to lose weight.

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HEALING TIPS FOR WEIGHT LOSS

- **FIRST - DO AN HONEST SELF-ASSESSMENT OF YOUR HABITS.** What habits do you have that led to an unhealthy weight? Is it emotional eating when stressed, or over-doing sugar or sugary beverages throughout day? Do you skip a meal, such as breakfast then eat heavy later in the day and at night? Are your portion sizes too big, or are you confused on what foods to even be eating? Have you been extra sedentary? Are you getting adequate sleep?
- **GOAL SETTING IS KEY.** Once you have identified a few key habits that are leading to an unhealthy weight, begin to set 1-2 small reasonable goals you can work on. Make sure your goals are achievable, specific and you set a time period for reaching them. Having too many goals, or unrealistic goals is a recipe for defeat. Read more about S.M.A.R.T. goals for weight loss on general health sites such as WebMD. You can do this! Keep positive!
- **VOLUMETRIC EATING CAN BE YOUR SECRET WEAPON.** Research clearly shows that we get full from the amount of food we eat, not necessarily the number of calories. So eating fewer calories doesn't have to mean eating less food. Volumetric eating helps people lose weight because they replace higher calorie foods, with lower calorie foods that fill you up. That means you will steer clear of processed foods loaded with added fats (especially saturated fats), sugars and sodium. Zip out the rich and fatty main dishes, fried food, snack food, sugary deserts and drinks, refined grains, etc. and replace with vegetables, fruits, 100% whole grains, beans, lean protein foods and whole natural plant fats such as avocado and nuts and seeds. Reducing caloric density is where it's at!
- **READ LABELS** so you know what is in your food and have a mental picture of what your plate should look like: 1/2 plate of non-starchy vegetables (salad greens, broccoli, carrots, tomatoes, zucchini, cauliflower, cabbage, etc), then 1/4 portion of a whole grain or starchy veggie (baked sweet potato, green peas, brown rice, quinoa, butternut squash, whole grain bread, etc.) then 1/4 portion of a lean protein (veggie burger made with black beans, chicken breast, a garbanzo bean or lentil dish, baked fish, etc). Include fresh fruit and a small amount of healthy fat.



PRACTICAL TIPS - Eat a large salad before a meal! If not a salad, consider having a broth based soup loaded with non-starchy veggies, or even a full glass of low sodium tomato juice. Add non-starchy veggies to main dishes. Eat them as a snack with a small handful of nuts. Remember starchy veggies (such as potatoes, peas, corn, winter squash, etc.) should be a smaller amount of your meal as described in the next point.

- **PLAN YOUR MEALS!** This is instrumental! Get supper ideas ready for the whole week. Pack big salads for lunches with greens, assorted veggies, nuts/seeds, starchy beans or quinoa on top with a small amount of a healthy dressing.
- **SLOW DOWN AND EAT MINDFULLY.** After you prepare your meal, take it to the table and slow your mindset. No electronics where you are eating! Be thankful for the food you are providing you and your family, and begin to slowly savor each and every bite to get the most satisfaction from it. Wait 10 minutes before going back for second helpings. It takes 20 minutes from the first bite of food for you brain to receive signals that fullness is happening. Make sure to read the HEAL resources on mindfulness.
- **MOVE MORE!** Start with our HEAL resources on physical activity ideas! Reach out to community centers, your local YMCA, and the Parks and Recreation centers in your town.
- **WEIGH YOURSELF WEEKLY** and at the same time of the day, preferably first thing in morning. A realistic weight goal amount is 1% of your body weight per week. A 2-3 lb. of weight loss every week is desirable, but be careful not lose too quickly, or you will be losing muscle mass, which you want to keep! Know what your BMI is by checking a BMI chart. Know what your waist circumference is as well! When weight is carried around the middle, it lends itself to more risk of chronic disease. Even a 5-10% weight loss improves health!
- **REIGN IN WHAT YOU DRINK.** Wean off soda, fruit juices, lemonade and sweet tea! Get used to the taste of water, unsweetened green or black tea. Cut sugary soda. Find a carbonated flavored water that you like, if you need the fizz! Drink it plain or mix with a 1:1 ratio of 100% fruit juice for a fruit spritzer. Boost your water intake! Add cucumber, mint, or berries to your water for spa water!
- **GETTING ENOUGH ZZZ'S?** Most adults need 7-9 hours of sleep nightly. If you get less than that, or have disrupted sleep, you are likely producing more of the hormone 'cortisol', which is tied to metabolic issues and weight gain.
- **USE TECHNOLOGY TO YOUR ADVANTAGE.** A fitness app can not only help you track your behavior (exercise, food, water intake), but can also track how you are sleeping. Apps can also help you set goals, and guide you on what exercise to be doing daily. There are thousands of fitness apps!
- **MOST IMPORTANT OF ALL!** Surround yourself with a group of ENCOURAGING people that can help you with accountability! They help you but you help them as well! And more than anything, hitch your desires to get healthy and lose weight on WHAT IS IMPORTANT AND MEANINGFUL IN LIFE. FIND YOUR 'WHY' – IT WILL KEEP YOU GOING!

Body Mass Index Table

BMI	Normal										Overweight										Obese										Extreme Obesity																			
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54														
Height (inches)	Body Weight (pounds)																																																	
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258														
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267														
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276														
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285														
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295														
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304														
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Source: Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*. National Institutes of Health, 1998.

HEART-HEALTHY NUTRITION

Talk with your doctor & heart team about a diet that's right for you.

MEDITERRANEAN

This diet is **LIGHT ON MEAT & SWEETS.**

FRUITS & VEGETABLES

BEANS, LEGUMES & WHOLE GRAINS

FISH, NUTS & OLIVE OIL

DASH

Dietary Approaches to Stop Hypertension (DASH) Diet focuses on **LIMITING SALT TO LESS THAN 1,500 MG/DAY.**

FRUITS, VEGETABLES & WHOLE GRAINS

LEAN MEATS & LOW-FAT DAIRY

These diets:

- Help maintain a **HEALTHY WEIGHT**
- **LOWER THE RISK** of heart disease
- **IMPROVE BLOOD PRESSURE**

LEGUMES, GRAINS, SEEDS & NUTS

TIPS FROM THE NEW DIETARY GUIDELINES

Boost your intake of **fruits, vegetables & whole grains.**

Cut back on **sodium, sugars & saturated fats.**

Don't forget to **exercise.**


FRUITS & VEGETABLES

VEGETARIAN

This dietary pattern **CUTS OUT MEAT** and, in some cases, **SEAFOOD & DAIRY.**

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