

LIFE OF YOUR HEART DISPLAY LAYOUT

**Control
Cholesterol**

Change Your Life

**Keep HBP in
Check**

**Know BC
Numbers**

**Heart Disease
Usually . . .**

Activate Lifestyle

**Break Smoking
Habit**

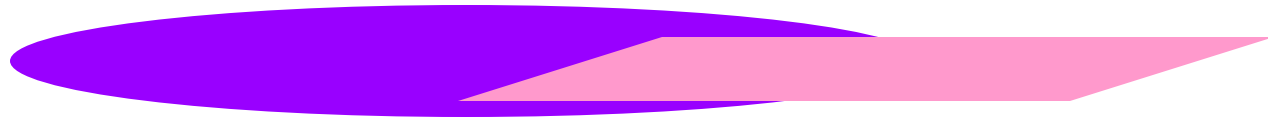
**Reduce Risk
Factors**

For Women Only

Change Your Life for the Life of Your Heart

Stop heart
disease before it
stops
you!





Heart disease usually develops slowly and silently. It may not cause symptoms for years. Once you know how heart disease develops you can take action to stop it.

Reduce these Risk Factors:

- ✓ Detect and control your diabetes
- ✓ Keep your weight down
- ✓ Manage stress
- ✓ Stop cigarette smoking
- ✓ Lower high blood pressure
- ✓ Lower high blood cholesterol
- ✓ Move more



Control Your Cholesterol

- ✓ Fill your plate with whole grains, fruits and vegetables
- ✓ Eat less fat
- ✓ Slim down if you are overweight
- ✓ Get regular exercise
- ✓ Take cholesterol lowering medications as prescribed



Know Your Blood Cholesterol Numbers

Total Cholesterol	Desirable	Borderline	Undesirable
	under 200	200 – 239	over 240
LDL (Bad) Cholesterol	under 130	130 – 159	over 160
HDL (Good) Cholesterol	over 60	35 – 60	under 35

Break the Smoking Habit

- ✓ Smokers are at greater risk of dying from heart disease than cancer
- ✓ Smoking damages arteries and promotes blood clots
- ✓ Quitting cuts the risk of heart disease in half in one year



Keep High Blood Pressure in Check

- ✓ Know your numbers: high blood pressure is 140/90 or greater
- ✓ Stop smoking
- ✓ Shed extra pounds
- ✓ Exercise regularly
- ✓ Cut down on salt in your diet and alcoholic beverages
- ✓ Take medications as prescribed



Activate Your Lifestyle

- ✓ Inactivity is dangerous too
- ✓ Just 30 minutes, 5 or more days a week
- ✓ Accumulate 30 minutes over the day
- ✓ Choose activities you enjoy
- ✓ Count leisure-time physical activities like walking, gardening, dancing, golf and tennis



For Women Only

- ✓ Heart disease is not a man's problem
- ✓ More women die of heart disease than breast cancer, uterine cancer and lung cancer combined
- ✓ Strive for a healthy lifestyle
- ✓ Consider hormone replacement therapy after menopause

