

Learn the Facts to Prevent Heart Disease

DID YOU KNOW?

- Heart disease includes stroke and cardiovascular diseases
- 1 in every 4 deaths are caused by heart disease
- In the United States a heart attack occurs every 34 seconds
- Heart disease is the #1 killer of women
- Symptoms of a heart attack can be different for women

**90% of women have one or more risk factors for heart disease*

**Fewer women than men survive their first heart attack*

- Only 27% of people who have had a heart attack are aware of all the major symptoms or know when to call 9-1-1
- 47% of Americans have at least one risk factor for heart disease
- **Up to 82% of heart disease cases are preventable!**
KNOW YOUR RISK!

“LIFE’S SIMPLE 7”

- 1  Stop Smoking
- 2  Get Active
- 3  Control Cholesterol
- 4  Manage Blood Pressure
- 5  Eat Healthy
- 6  Lose Weight
- 7  Reduce Blood Sugar

Risk Assessment GUIDE FOR A



Learn Your Risk;
Follow up with a Cardiologist!

HackensackUMC Heart Center 551-996-3800
Women’s Cardiac Institute 855-996-4924

Ask Your Doctor...

Getting answers to these questions will give you vital information about your heart health and what you can do to improve it. You may want to bring the list to your doctor's office.

-  What is my risk for heart disease?
-  What is my blood pressure? What does it mean for me? What do I need to do about it?
-  What are my cholesterol numbers? (These include total cholesterol (TC), LDL or "bad" cholesterol, HDL or "good" cholesterol and triglycerides.) What do I need to do about them?
-  What is my "body mass index" (BMI) and waist measurement? Do they indicate that I need to lose weight for my health?
-  What is my blood sugar level? Am I at risk for diabetes?
-  What other screening tests for heart disease do I need? How often should I return for checkups for my heart health?
-  What can you do to help me quit smoking?
-  How much physical activity do I need to help protect my heart?
-  What is a heart-healthy eating plan for me? Should I see a registered dietitian or qualified nutritionist to learn more about healthy eating?
-  How can I tell if I'm having a heart attack?

What's YOUR Risk?

Here is a quick quiz to find out your risk of a heart attack. If you don't know some of the answers, check with your healthcare provider.

	YES	NO	DON'T KNOW
Do you smoke?			
Is your blood pressure 140/90mmHg or higher, OR have you been told by your doctor that your blood pressure is too high?			
Has your doctor told you that your total cholesterol level is 200mg/dL or higher, OR your HDL (good cholesterol) is less than 40 mg/dL?			
Has your father or brother had a heart attack before age 55, OR has your mother or sister had one before age 65?			
Do you have diabetes OR fasting blood sugar of 126 mg/dL or higher, OR do you need medicine to control your blood sugar?			
Are you over 55 years old?			
Do you have a body mass index (BMI) score of 25 or more?			
Do you get less than a total of 30 minutes of physical activity on most days?			
Has a doctor told you that you have angina (chest pains), OR have you had a heart attack?			



If you answered "yes" to any of these questions, you're at an increased risk of having a heart attack.