

PREVENTION

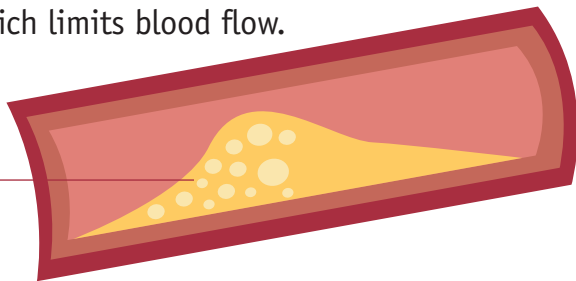
HEALTHY HABITS PROTECT YOUR HEART



HEALTHY HABITS THROUGHOUT LIFE — such as eating better, moving more, keeping a healthy weight, and not smoking — are important steps to prevent heart disease. Even if you've had a heart attack or stroke, healthy habits can go a long way to making it less likely you have another one.

▶ What CAUSES Heart Disease?

Atherosclerotic cardiovascular disease (ASCVD) can cause a heart attack or stroke. It happens when **PLAQUE** — made up of fat, cholesterol, and other substances — builds up in the walls of blood vessels called arteries. Over time, this plaque can harden and narrow the arteries, which limits blood flow.



▶ What Increases YOUR RISK?

Certain factors raise your chance of developing heart disease. Some you can't change – your age, sex, race – and others you can change such as:



LOWER YOUR CHANCE of Heart Disease






RISK FACTOR	NORMAL	MY NUMBERS	MY GOAL
Blood Pressure	Less than 120/80		
Cholesterol - Your cholesterol numbers help estimate your chance of having a heart attack or stroke	Total < 200	Total:	Ask your health care professional what your goals should be
	LDL < 100	LDL:	
	HDL > 40 in men > 50 in women	HDL:	
	Triglycerides < 150	Triglycerides:	
Diabetes - Control blood sugar (A1c) to prevent or manage diabetes	A1c ≤ 5.7% If you have diabetes: A1c < 7%		
Weight - Body Mass Index, or BMI	BMI < 25		Lose ____ pounds in ____ weeks
Diet	Eat fruits, vegetables, nuts, whole grains, fish		
Physical Activity	At least 20 minutes of moderate-intensity activity each day		
Stress Level & Social Support	Varies from person to person		

Here are **SOME TIPS TO HELP YOU** eat better, move more, and manage stress.



Eat **BETTER**

Eat more **FRUITS, VEGETABLES, NUTS, WHOLE GRAINS, FISH OR LEAN MEATS.**

LIMIT OR AVOID	EXAMPLES
 Saturated fat	Red meat, Whole-fat dairy products
 Processed meats	Deli meat, hot dogs, sausages, bacon
 Refined carbohydrates	Candy, cakes and ice cream
 Sugar-sweetened beverages	Soda pop, juices
 Salt	Often found in frozen meals, canned foods, pickles, chips

AVOID TRANS FATS: Read food labels to make sure the food you buy doesn't include **partially hydrogenated oils** and says **"no" trans fats.**

DRINK WATER: Drinking water can help you keep calories in check. Some other beverages are packed with added sugars. Drinks with sugar substitutes can carry health risks.



Move **MORE**

Adults should get **AT LEAST 150 MINUTES OF MODERATE-INTENSITY EXERCISE OR 75 MINUTES OF VIGOROUS EXERCISE** each week to promote good health. If you can't reach that goal at first, some activity – **EVEN JUST 10 MINUTES AT A TIME** – can help.

INTENSITY	EXAMPLES
Light	Walking slowly, cooking, light housework
Moderate	Brisk walking (2.4 mph-4 mph), ballroom dancing, recreational swimming
Vigorous	Jogging, biking (≥10 mph), singles tennis, swimming laps



MANAGE Stress

Too much **STRESS MAY BE HARMFUL TO THE HEART.** Handling stress in a healthy way and staying connected are key to heart health.

DE-STRESS: For some people, taking deep breaths, meditating or yoga can help.

GET ENOUGH SLEEP: Try to get at least seven hours of sleep each night. Not sleeping enough has been linked to a greater risk for heart disease, obesity, and other health issues.

CONNECT MORE: Loneliness has been linked to poorer health. If you have no one to talk to in times of need or feel alone, ask your health care professional about support groups.