



# Heart-Healthy Living

Use the information below to learn what it takes to be heart healthy. Contact the National Women's Health Resource Center for more information about **Take 10 for Your Heart**. Visit: [www.healthywomen.org](http://www.healthywomen.org). Call toll-free: 1-877-986-9472.

## Take 10 to Know Your Heart Disease Risks

Risk factors are things that increase your chances of developing a disease. Some risk factors can be changed—smoking, for example—while others, such as family history, cannot. It's important to know your personal risks for heart disease and what to do about them. Ask your health care professional for guidance.

- ♥ Obesity
- ♥ High blood pressure
- ♥ Diabetes
- ♥ High LDL or low HDL cholesterol
- ♥ Smoking
- ♥ Not getting regular physical activity
- ♥ Family history
- ♥ A diet high in saturated fat

### Heart Health Profile

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Health Care Provider \_\_\_\_\_

Phone \_\_\_\_\_

Health Insurance Company \_\_\_\_\_

Phone \_\_\_\_\_

Health Insurance Group # \_\_\_\_\_

Health Insurance ID # \_\_\_\_\_

**HEART DISEASE** disables and kills millions of women each year. There are many ways to lower your heart disease risk and even prevent it. **Take 10 for Your Heart** to learn how.

**Take 10 for Your Heart** is simple. It means taking 10 minutes to learn more about heart disease and lifestyle changes you can make to keep your heart healthy. No matter how busy you are, start now: **Take 10**. Any of these first steps are a great beginning:

- ♥ **Take a 10-minute** walk at lunchtime
- ♥ **Take 10** minutes to relax and be stress-free
- ♥ **Take 10** minutes to learn about heart-healthy food choices
- ♥ **Take 10** minutes to plan a healthful meal for yourself and your family
- ♥ **Take 10** minutes to be active with your friends or family

## Take 10 to Learn The Warning Signs of Heart Attack & Stroke

### HEART ATTACK WARNING SIGNS

Not all heart attacks begin with sudden, crushing chest pain like they do in the movies. Heart attack symptoms often are milder and less specific. Don't wait until symptoms are severe or unbearable before getting help. The warning signs of a heart attack are:

- ♥ Discomfort in your chest that lasts more than a few minutes. The pain may stop and return.
- ♥ Chest discomfort that feels like fullness, squeezing or pressure.
- ♥ Painful discomfort in one or both arms, neck, jaw or stomach.
- ♥ Nausea, breathlessness, breaking into a cold sweat, lightheadedness.

### STROKE WARNING SIGNS

When the blood flow to the brain is stopped, a stroke occurs. Stroke affects more than 750,000 Americans each year. It is the leading cause of adult disability and the third leading cause of death, but one of the most preventable. The warning signs of a stroke are:

- ♥ Sudden numbness or weakness of the face arm or leg, especially on one side of the body.
- ♥ Sudden severe headache with no known cause
- ♥ Sudden trouble seeing in one or both eyes
- ♥ Sudden confusion, trouble speaking or understanding
- ♥ Sudden trouble walking, dizziness, loss of balance or coordination

Call 9-1-1 for immediate help if you experience any of these symptoms.

Sources: American Heart Association; National Heart, Lung, and Blood Institute; National Stroke Association



## Take 10 to Know Your Heart Health Numbers

Ask your health care professional where, when and how to have a blood cholesterol test and blood pressure screening. Then, be sure to ask about your results and what they mean.

### General Blood Cholesterol Guidelines

♥ Cholesterol is a waxy, fat-like substance that your body needs (and makes itself) for many functions. Sometimes your body produces too much cholesterol.

♥ Whole dairy products, eggs, animal fats and meat also add cholesterol to your bloodstream.

♥ Left unchecked, cholesterol and fat build up and block arteries, which increases your risk for heart attack and stroke.

### LDL Cholesterol Level

#### What it Means

Less than 100 mg/dL	Optimal
100-129 mg/dL	Near optimal
130-159 mg/dL	Borderline high
160-189 mg/dL	High
190 mg/dL and above	Very high

♥ If you have one or more risk factor for heart disease, any LDL level above 100 mg/dL is considered too high. Your recommended cholesterol goal may be as low as 70 mg/dL.

♥ Remember: the lower your LDL (bad cholesterol) number, the better.

♥ You also need to know your HDL (good) cholesterol level.

### HDL Cholesterol Level

#### What it Means

Less than 40 mg/dL	At risk
40-59 mg/dL	Average
60 mg/dL and above	Protective

♥ The average HDL cholesterol level for women is 55 mg/dL.

♥ Your HDL level should be high—the higher the better for your heart.

♥ The American Heart Association recommends an HDL cholesterol level greater than 50 mg/dL for women.

### General Blood Pressure Guidelines

♥ Blood pressure is the amount of force your blood exerts against the walls of your arteries.

♥ When blood pressure stays elevated over time, it is called high blood pressure or hypertension. It means your heart is working too hard.

### Blood Pressure Reading

#### What it Means

120/80 or less	Normal
120/80 to 139/89	Prehypertension*
140/90	High

\*Prehypertension is a fairly new category of risk used to alert individuals about their increased risk for developing high blood pressure so they can make changes to prevent it.

♥ High blood pressure increases your risk for kidney disease, heart disease and stroke.

♥ Prevent or control high blood pressure by maintaining a healthy weight, being physically active, quitting smoking, limiting alcohol if you drink and reducing salt in your diet.

Sponsored by the National Women's Health Resource Center (NWHRC), the leading independent source for women's health information, **Take 10 for Your Heart** is a year-long health education campaign designed to raise women's awareness about heart disease and prevention.

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## Take 10 for Your Heart

### Heart Health At-A-Glance

- ♥ Be physically active every day
- ♥ Lose weight if you are overweight
- ♥ Avoid or limit foods high in saturated fats (red meat, whole-fat dairy products) and trans fats (hydrogenated ingredients found in many processed foods)
- ♥ Choose low-fat or fat-free dairy products
- ♥ Eat more fruits, vegetables and whole grains

### Heart Health Resources

American Heart Association  
1-800-242-8721  
www.americanheart.org

National Heart, Lung and Blood Institute Information Center  
301-592-8573  
www.nhlbi.nih.gov

National Stroke Association  
1-800-767-6537  
www.stroke.org

U.S. Food and Drug Administration  
Heart Health Online  
www.fda.gov/hearthealth

### Heart Health Profile

Blood Type \_\_\_\_\_

Blood Pressure \_\_\_\_\_

Cholesterol Level \_\_\_\_\_

Blood Glucose Level \_\_\_\_\_

Allergies/Health Conditions \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Emergency Contact \_\_\_\_\_

Phone \_\_\_\_\_

Hospital Preference \_\_\_\_\_

National Women's Health Resource Center  
www.healthywomen.org