Preventing Heart Disease



Now is the right time to start paying attention to your heart health. You can lower your risk for heart attack and stroke no matter how old you are by knowing the risk factors that affect your heart.

THE SYMPTOMS

Men and women may experience different symptoms of heart attack.



Men are more likely to experience symptoms including chest pain or pressure, or discomfort in the left arm.



Women may experience shortness of breath, flu-like symptoms, and back or neck pain.

WHAT YOU SHOULD KNOW

YOUR NUMBERS

Many tests to gauge your heart health are quick and easy.



- High blood pressure
- High LDL (bad) cholesterol
- High blood sugar
- High numbers increase your risk of heart disease.

YOUR FAMILY HISTORY

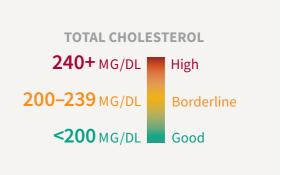


Your health care provider can use this information to tailor advice on how you can reduce your risk for heart disease.

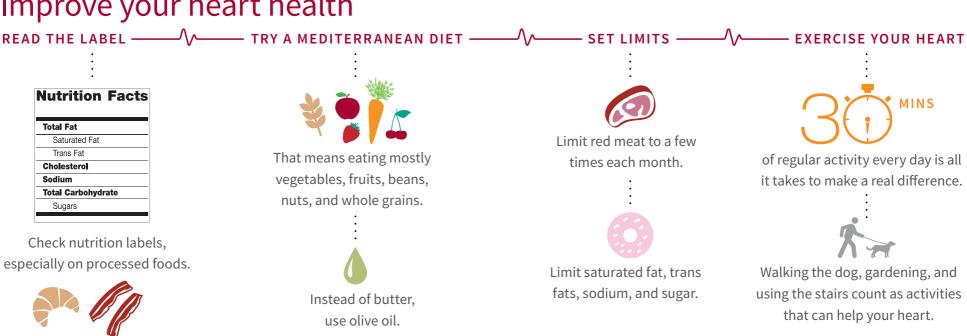
What numbers should you look for?

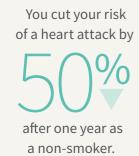
BLOOD PRESSURE Normal Borderline High <120 120-139 140+ -AND-<80 80 - 8990+





Improve your heart health







Quit before turning 50

People who quit smoking before age 50 have

50% less risk of dying

in the next 15 years compared with people who continue to smoke.



It's never too late to start taking care of your heart.

You'd be surprised at how quickly some of the steps above will reduce your risk and improve your heart health.

For more information, or to make an appointment, visit shc.is/cardio or call 650-723-6459.