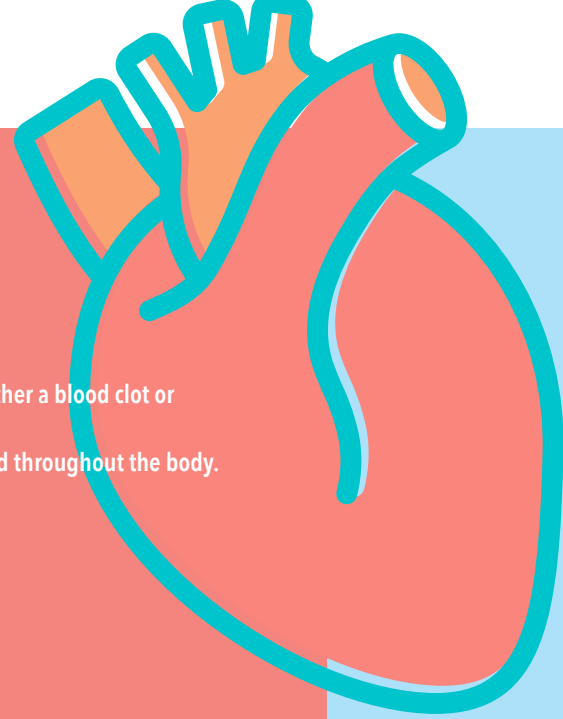


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HEALTH FOCUS: Heart Health



HEART DISEASE FAST FACTS

- According to the CDC, 1 in 4 deaths are caused by heart disease each year.
- There are several conditions that fall under cardiovascular disease.

- ↪ Heart attack occurs when blood flow in one of the arteries of the heart is blocked by either a blood clot or plaque.
- ↪ Heart failure is a structural problem with the heart that affects how well it pumps blood throughout the body.
- Risk factors associated with cardiovascular disease
 - ↪ High cholesterol, triglycerides, and LDL (bad cholesterol)
 - ↪ Low HDL (good cholesterol)
 - ↪ Nicotine use
 - ↪ Obesity
 - ↪ Poor diet
 - ↪ Uncontrolled diabetes
 - ↪ Uncontrolled high blood pressure

SCREENING TESTS FOR MONITORING CARDIOVASCULAR HEALTH

• Blood Pressure

- ↪ High blood pressure increases your risk for heart disease and stroke.
- ↪ Normal blood pressure should be around 120/80.
- ↪ High blood pressure is categorized by 140/90 or higher.

• Fasting Lipoprotein Profile

- ↪ Composed of these lab value tests

TEST	GOAL VALUE
Total Cholesterol	100-199mg/dL for those over age 21
HDL	greater than 40mg/dL (50 with history of CV disease)
LDL	less than 100mg/dL (70 with history of CV disease)
Triglycerides	less than 150mg/dL

• Body Weight

- ↪ Obesity puts you at a higher risk for heart disease, stroke, atrial fibrillation, and heart failure.
- ↪ Aim for a BMI of 18.5-24.9.

• Blood Glucose

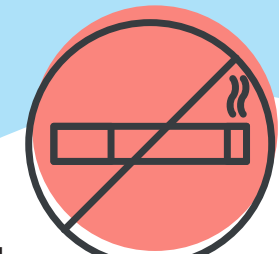
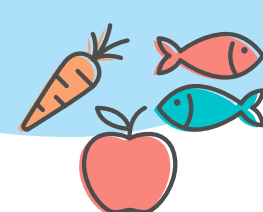
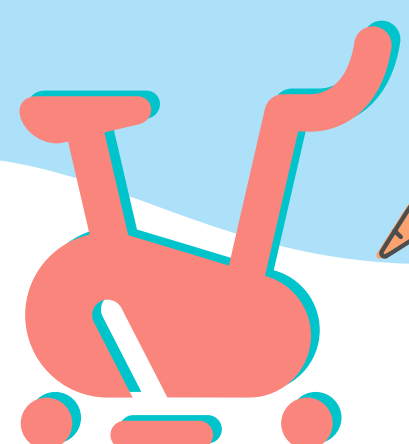
- ↪ High blood sugar levels put you at a greater risk for developing diabetes. Untreated diabetes can lead to heart disease and stroke.
- ↪ Getting A1c testing every twice a year can help determine if you are at risk for diabetes. If you do have diabetes, aim for an A1c of less than 6.5%.

WAYS TO PREVENT HEART DISEASE

Regular wellness checks with your provider

Eat a healthy diet accompanied by regular exercise (30 minutes daily) to achieve a healthy body weight.

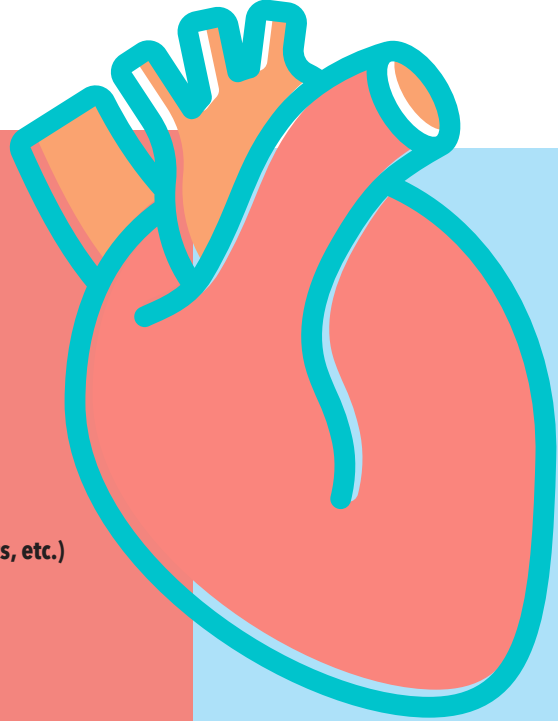
Stop smoking



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HEALTH FOCUS:

Heart Health & Your Diet



YOU SHOULD KNOW

SATURATED FATS



- Increase levels of LDL-cholesterol
- Mainly found in animal-based proteins (dairy, red-meats, etc.)
- No more than 15 grams per day



We should avoid trans fats altogether!

TRANS FATS



- Increase levels of LDL-cholesterol
- Mainly found in processed foods
- Should have 0 grams per day

CHOLESTEROL



- Contributes to build up of plaque and can damage arteries
- Found in meats, poultry, dairy
- No more than 200 mg per day

SAD ARTERY



Be aware there's added sodium in SO many of our packaged foods!

SODIUM



- Processed foods, canned foods, cold cuts and cured meats, snack mixes, etc.
- No more than 2,000 mg per day

UNSATURATED FATS



- Help lower LDL-cholesterol and raise HDL-cholesterol
- Fatty fish, nuts, seeds, avocados
- Mono and polyunsaturated fats are both unsaturated fats

THE GOOD GUYS!



FIBER

- Lower cholesterol in the blood
- Whole-grain foods, fruits, vegetables
- 28-30 grams per day



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