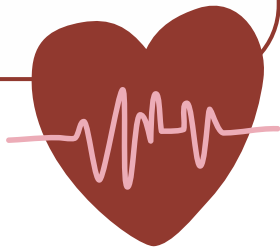


QUESTIONS TO ASK YOUR HEALTHCARE PROVIDER TODAY!

1. How can I improve my lifestyle to prevent cardiovascular disease?
2. Are there any tests that can help determine my risk of heart disease?
3. What symptoms should I be looking out for that could indicate I have heart disease?



Reviewed by:
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HOW TO KEEP YOUR HEART HEALTHY

Who we are:

Project Link is a student organization at the University of Washington, dedicated to making healthcare knowledge more accessible and equitable in our community.



*Scan to see if this
pamphlet is
translated in your
language!*

WHAT IS CARDIOVASCULAR DISEASE?

Cardiovascular disease (CVD) is any condition that affects the heart, including coronary artery disease and heart failure.

SYMPTOMS OF HEART DISEASE:

Coronary Artery Disease:
Chest pressure or tightness, shortness of breath, fatigue or dizziness

Heart Failure:
Shortness of breath, leg swelling, fatigue, unexplained weight gain

POPULATIONS AT RISK:

- Non-Hispanic Black individuals are at highest risk, followed by non-Hispanic White, Hispanic and non-Hispanic Asian individuals.
- Individuals with history of high blood pressure, high cholesterol, diabetes, or family history of heart disease.

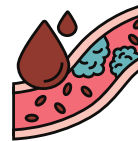
COMMON RISK FACTORS:

HIGH BLOOD PRESSURE:



- Blood pressure (BP) is the force of blood against the arteries when the heart beats and relaxes.
- High BP can damage your arteries and increase your risk of heart attack, heart failure, and stroke.
- A BP **less than 120/80 mmHg** is healthy.

HIGH CHOLESTEROL:



- Cholesterol is a fat-like substance found in the blood and in your cells.
- Accumulation of cholesterol in your arteries increases your risk of heart attack or stroke.
- Total cholesterol **less than 200 mg/dL** is generally ideal, but consult your doctor to discuss your numbers.

DIABETES:



- Diabetes is associated with increased risk of heart disease and stroke.
- Normal blood sugar (glucose) level is **less than 100 mg/dL**.

HEALTHY LIFESTYLE HABITS:

Avoid use of all tobacco products

Limit alcohol to less than 7 drinks per week

Perform regular physical activity (150 min/week) such as walking, cycling, or swimming

Consume a low sodium diet

Avoid consumption of processed foods such as breads, crackers, sodas, or cereals.

Achieve 7-9 hours of sleep a night

