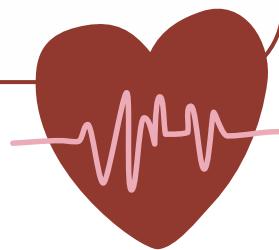


QUESTIONS TO ASK YOUR HEALTHCARE PROVIDER TODAY!

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?



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.



Reviewed by:
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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.

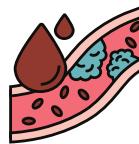
COMMON RISK FACTORS:

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

