



3 Days 'til Go Red!

National Wear Red Day

Friday, February 6th

7

Risk Factors for Heart Disease YOU can change!

1. **High Blood Pressure**-The American Heart Association recommends that blood pressure be <120 over <80. If the top number (systolic) pressure or the bottom number (diastolic) is greater; then the blood pressure is elevated.
2. **Unhealthy Blood Cholesterol Levels**-These numbers are reported in fasting blood work and include the LDL (bad) cholesterol and HDL (good) cholesterol.
3. **Unhealthy Eating Habits**- A diet high in fat, sugar and calories will increase the risk of heart disease and obesity. Being obese is also a risk factor of heart disease. There are simple substitutions and better food choices that can reduce body weight and risk.
4. **Lack of Physical Activity**-Being physically inactive can worsen other risk factors for heart disease such as blood cholesterol, high blood pressure, being overweight and chronic stress. Regular exercise has multiple health benefits.
5. **Negative Chronic Stress**- Research has proven that chronic stress is a risk factor for heart disease. Regular exercise, meditation, active relaxation or even socializing with friends can assist in reducing stress.
6. **Smoking**- It can damage and tighten blood vessels, raise blood pressure and limit the amount of oxygen that reaches tissues and organs. There are multiple resources to assist smokers to quit.
7. **Alcohol**-Heavy drinking can damage the heart muscle and worsen other risk factors. The American Heart Association recommends no more than 2 alcoholic beverages for men and 1 for women daily.



BY THE NUMBERS!



The Medical Center of Plano

HEART BYTE #2