

The Heart Truth

- ♥ One in 4 women in the United States dies of heart disease, while 1 in 30 dies of breast cancer.
- ♥ There are many risk factors you can change and only a few risk factors you can't change.
- ♥ Reducing your risk factors can decrease your risk of a heart attack by 90%.
- ♥ High blood pressure (hypertension) is a silent killer that can be lowered with lifestyle changes and medication.
- ♥ Coronary artery disease causes plaque build up which can lead to chest pain, blood clots, a stroke or a heart attack. Lifestyle changes and medication can also lower your risk of developing this disease.

10 Questions to Ask Your Doctor

1. What is my risk for heart disease?
2. What is my blood pressure? What do I need to do about it?
3. What are my cholesterol numbers?



Total cholesterol
HDL or "good" cholesterol
LDL or "bad" cholesterol
Triglycerides



4. Do I need to lose weight? What is my waist measurement and BMI?
5. What is my blood sugar? Am I at risk for diabetes?
6. What screening tests do I need?
7. What can you do to help me quit smoking?
8. How much physical activity do I need to help protect my heart?
9. What is a heart-healthy eating plan for me? Should I see a registered dietitian to learn about healthy eating?
10. How can I tell if I'm having a heart attack?

