

Physical Inactivity

Regular, moderate-to-vigorous physical activity is important to reduce your risk of heart disease. For most healthy people, the American Heart Association recommends at least 30 minutes of physical activity on most or all days of the week to reduce the risk of heart disease.

Examples of Heart Healthy Activity...

- Walking/Jogging
- Bicycling
- Housework
- Basketball
- Swimming/Water Aerobics
- Hiking
- Gardening
- Dancing
- Canoeing

Varying the heart healthy activities that you do can help keep things fresh and keep you from dreading the next time you need to get physically active.

Make sure to talk to your doctor before starting any type of exercise program.

Obesity

People who have excess body fat, especially in the waist area, are at higher risk for heart disease.

A high-risk waistline is...

- More than 35 inches for women
- More than 40 inches for men

Diet

Eating too many calories and getting too little exercise is the main cause of obesity. To lose weight, most women should eat 1,200 to 1,500 calories a day, but not less than 1,200. Most men should eat 1,500 to 1,800 calories a day, but not less than 1,500. Losing one to two pounds per week or less is considered a healthy weight loss and losing even a modest amount of weight (5 to 10 percent of body weight) can help reduce high blood pressure and total blood cholesterol.



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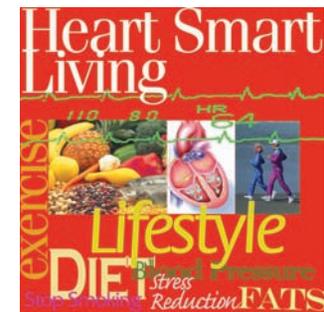
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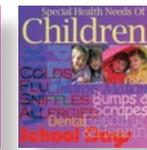
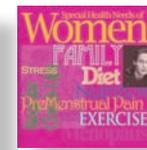
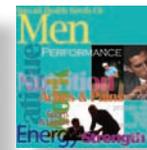
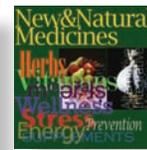
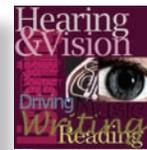
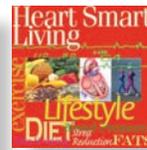
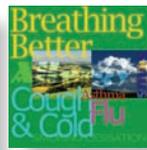
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Facts About Heart Health & Lifestyles



 **Cass Street Pharmacy**



What should I eat for Heart Health?

Eat 4 servings of fruits and vegetables daily

- High in vitamins, minerals, and fiber, and low in calories to help you lose weight

- Eat a variety of colors and types

Eat whole grains instead of refined grains

- Contains fiber which can lower cholesterol and make you feel more full, helping you to lose weight
- Choose lean meats like fish or poultry over red meats like beef and pork
- Select fat-free, 1% fat, and low-fat dairy products
- Cut back on partially hydrogenated vegetable oils to reduce trans fat intake
- Aim to eat less than 300 milligrams of cholesterol each day
- Aim to eat less than 2,300 milligrams of sodium per day
- *Talk with your doctor before starting any new diet regimen*

Smoking

The nicotine and carbon monoxide in tobacco smoke reduces the amount of oxygen in your blood. They also damage blood vessel walls, causing cholesterol to build up. Tobacco smoke may trigger blood clots to form, too. This all results in your heart not getting enough oxygen which can lead to a heart attack.

The bottom line is: **Don't Smoke.** As soon as you stop smoking, your risk of heart disease starts to drop. In time, your risk will be about the same as if you had never smoked. Constant exposure to other people's smoke raises the risk for heart disease even in nonsmokers.

See the Cass Street Pharmacy Smoking Cessation brochure on ways to quit.

Risk Factors for Heart Disease

The more risk factors you have, the higher your chances of having a heart attack or stroke.

Controllable Risk Factors...

- High blood pressure
- Smoking or exposure to tobacco smoke
- High cholesterol
- Physical inactivity
- Obesity (*unhealthy diet*)
- Diabetes
- Excessive alcohol intake

Uncontrollable Risk Factors...

- Increasing age
- Male sex
- African American, Mexican American, or American Indian race
- Family History (*Parents, Grandparents, and Siblings*)

How do I know if I have High Blood Pressure?

Blood pressure is recorded as two numbers. The top number (*systolic*) is the pressure while the heart is contracted. The bottom number (*diastolic*) is the pressure when the heart is at rest.

Normal Blood Pressure is...

- Below 120/80mmHg

High Blood Pressure is...

- 140/90mmHg or greater or
- 130/80mmHg or greater if you have diabetes

If one or both of the numbers in your blood pressure reading are greater than or equal to the numbers above on two separate days, you may have high blood pressure and should consult a physician.

High Blood Pressure

High blood pressure is a major cause of heart disease. It causes the heart to have to work harder than normal. This leaves the heart and arteries more prone to injury. High blood pressure usually has no symptoms, which is why it is called the "silent killer".

High Cholesterol

Cholesterol is a soft, fat-like substance found in the blood and in all the body's cells. A high cholesterol level is bad because it can build up in the walls of arteries bringing blood to the heart. This narrows the arteries and reduces blood flow through them putting extra strain on the heart. If a blood clot forms and blocks blood flow, it can cause a heart attack. High cholesterol has no symptoms, and many people have it without knowing it. Everyone age 20 and older should have their cholesterol measured at least once every five years.

Normal Total Cholesterol Level is less than 200mg/dL

There are two main types of cholesterol. Most cholesterol in the blood is carried in a protein "package" called low-density lipoprotein (LDL). LDL cholesterol is "bad" cholesterol because it's deposited in artery walls, increasing the buildup of plaque.

HDL (*high-density lipoprotein*) cholesterol is the "good" cholesterol. HDL cholesterol tends to carry excess cholesterol back to the liver, where it's removed from the body.

Normal LDL Cholesterol...

- Varies depending on your other risk factors for heart disease. Only your doctor can tell what is normal for you

Normal HDL Cholesterol is...

- Greater than 40mg/dL in men
- Greater than 50mg/dL in women