

# Heart Disease Risk Factors You Can Do Something About

| RISK FACTORS   | FACTS YOU NEED TO KNOW   | TAKE THESE STEPS TO PREVENT HEART DISEASE |               |                 |         |               |               |                 |               |                                    |                     |                 |              |  |               |  |
|--|--|---|---------------|-----------------|---------|---------------|---------------|-----------------|---------------|------------------------------------|---------------------|-----------------|--------------|--|---------------|--|
| <p><b>High blood pressure</b></p> <p>High blood pressure (or hypertension) is called the “silent killer” because it often has no symptoms, yet it can cause very serious illness.</p> <p><b>Prehypertension</b></p> <p>You do not have high blood pressure yet, but are likely to develop it in the future unless you adopt healthy lifestyle changes.</p>                                   | <p>When your blood pressure is high, your heart works harder than it should to move blood to all parts of the body. If not treated, high blood pressure can lead to stroke (brain attack), heart attack, eye and kidney problems, and death.</p> <p><b>Check your blood pressure numbers (mmHg*):</b></p> <table border="1" data-bbox="365 636 1019 835"> <thead> <tr> <th>Level</th> <th>Systolic</th> <th>Diastolic</th> </tr> </thead> <tbody> <tr> <td>Normal</td> <td>Less than 120</td> <td>Less than 80</td> </tr> <tr> <td>Prehypertension</td> <td>120–139</td> <td>80–89</td> </tr> <tr> <td>High Blood Pressure</td> <td>140 or higher</td> <td>90 or higher</td> </tr> </tbody> </table> <p>* Millimeters of mercury</p>   | Level                                     | Systolic      | Diastolic       | Normal  | Less than 120 | Less than 80  | Prehypertension | 120–139       | 80–89                              | High Blood Pressure | 140 or higher   | 90 or higher | <ul style="list-style-type: none"> <li>• Check your blood pressure once a year. Check it more often if you have high blood pressure.</li> <li>• Aim for a healthy weight.</li> <li>• Be physically active on most days.</li> <li>• Choose and prepare foods with less salt and sodium.</li> <li>• Eat more fruits, vegetables, and low-fat dairy products.</li> <li>• If you drink alcohol, do so in moderation.</li> <li>• If your doctor gives you blood pressure medicine, take it the way the doctor tells you.</li> </ul> |               |  |
| Level  | Systolic   | Diastolic                                 |               |                 |         |               |               |                 |               |                                    |                     |                 |              |  |               |  |
| Normal   | Less than 120  | Less than 80                              |               |                 |         |               |               |                 |               |                                    |                     |                 |              |  |               |  |
| Prehypertension  | 120–139  | 80–89                                     |               |                 |         |               |               |                 |               |                                    |                     |                 |              |  |               |  |
| High Blood Pressure  | 140 or higher  | 90 or higher                              |               |                 |         |               |               |                 |               |                                    |                     |                 |              |  |               |  |
| <p><b>High blood cholesterol</b></p> <p>Cholesterol in your arteries is like rust in a pipe. Low-density lipoprotein (LDL) is known as the “bad” cholesterol. Too much LDL cholesterol can clog your arteries, which increases the risk of heart disease and stroke. High-density lipoprotein (HDL) is known as the “good” cholesterol. HDL carries cholesterol away from your arteries.</p> | <p><b>Check your total cholesterol number (mg/dL*):</b></p> <table border="1" data-bbox="365 1102 1019 1255"> <tbody> <tr> <td>Desirable</td> <td>Less than 200</td> </tr> <tr> <td>Borderline High</td> <td>200–239</td> </tr> <tr> <td>High</td> <td>240 or higher</td> </tr> </tbody> </table> <p><b>Check your LDL cholesterol number† (mg/dL*):</b></p> <table border="1" data-bbox="365 1367 1019 1581"> <tbody> <tr> <td>Desirable</td> <td>Less than 100</td> </tr> <tr> <td>Near Desirable/<br/>Above Desirable</td> <td>100–129</td> </tr> <tr> <td>Borderline High</td> <td>130–159</td> </tr> <tr> <td>High</td> <td>160 or higher</td> </tr> </tbody> </table> <p>* Milligrams per deciliter</p> <p>† The goal for LDL cholesterol is different for everyone. Your doctor can help you set your LDL goal.</p> <p>Check your HDL cholesterol number (mg/dL): HDL levels of 60 mg/dL or higher help lower your risk of heart disease. HDL levels below 40 mg/dL are a major risk factor for heart disease.</p> <p><b>Check your triglyceride level (mg/dL):</b><br/>A normal triglyceride level is below 150 mg/dL.</p> | Desirable                                 | Less than 200 | Borderline High | 200–239 | High          | 240 or higher | Desirable       | Less than 100 | Near Desirable/<br>Above Desirable | 100–129             | Borderline High | 130–159      | High   | 160 or higher | <ul style="list-style-type: none"> <li>• Get a blood test called a lipid profile at your doctor’s office. This test measures all your cholesterol levels (total, LDL, and HDL) and triglycerides.</li> <li>• Get your blood cholesterol levels checked every 5 years if you are age 20 or older.</li> <li>• Learn what your cholesterol numbers mean. If they are high, ask your doctor how you can lower them.</li> <li>• Choose foods that are lower in saturated fat, <i>trans</i> fat, and cholesterol.</li> <li>• Aim for a healthy weight.</li> <li>• Be physically active.</li> </ul> <p>Take these other steps to control triglycerides:</p> <ul style="list-style-type: none"> <li>• Limit candy, sweets, regular soda, juice, and other beverages high in sugar.</li> <li>• Avoid smoking and alcohol. Smoking raises triglycerides and lowers HDL cholesterol. Excess alcohol also raises triglycerides.</li> </ul> |
| Desirable  | Less than 200  |   |               |                 |         |               |               |                 |               |                                    |                     |                 |              |  |               |  |
| Borderline High  | 200–239  |   |               |                 |         |               |               |                 |               |                                    |                     |                 |              |  |               |  |
| High   | 240 or higher  |   |               |                 |         |               |               |                 |               |                                    |                     |                 |              |  |               |  |
| Desirable  | Less than 100  |   |               |                 |         |               |               |                 |               |                                    |                     |                 |              |  |               |  |
| Near Desirable/<br>Above Desirable   | 100–129  |   |               |                 |         |               |               |                 |               |                                    |                     |                 |              |  |               |  |
| Borderline High  | 130–159  |   |               |                 |         |               |               |                 |               |                                    |                     |                 |              |  |               |  |
| High   | 160 or higher  |   |               |                 |         |               |               |                 |               |                                    |                     |                 |              |  |               |  |

# Heart Disease Risk Factors You Can Do Something About *(continued)*

| RISK FACTORS   | FACTS YOU NEED TO KNOW  | TAKE THESE STEPS TO PREVENT HEART DISEASE  |     |             |       |         |           |             |           |        |               |   |
|--|---|--|-----|-------------|-------|---------|-----------|-------------|-----------|--------|---------------|---|
| <p><b>Overweight/Obesity</b></p> <p>Overweight/obesity occurs when extra fat is stored in your body. It increases your risk of developing high blood pressure, high blood cholesterol, heart disease, stroke, and diabetes.</p>  | <p><b>Check your body mass index (BMI) and waist measure:</b></p> <table border="1" data-bbox="565 464 1073 705"> <thead> <tr> <th>Category</th> <th>BMI</th> </tr> </thead> <tbody> <tr> <td>Underweight</td> <td>&lt;18.5</td> </tr> <tr> <td>Normal*</td> <td>18.5–24.9</td> </tr> <tr> <td>Overweight*</td> <td>18.5–24.9</td> </tr> <tr> <td>Obese*</td> <td>30 or greater</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>A waist measurement greater than 35 inches (88 cm) for a woman and greater than 40 inches (102 cm) for a man increases the risk of heart disease.</li> </ul> <p>*Other reports indicate that the BMI cutoffs for overweight (&gt;23.0 kg/m<sup>2</sup>) and obesity (&gt;25.0 kg/m<sup>2</sup>) in the Asian-Pacific region are lower than the current standards (<i>Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults</i>).</p> | Category   | BMI | Underweight | <18.5 | Normal* | 18.5–24.9 | Overweight* | 18.5–24.9 | Obese* | 30 or greater | <ul style="list-style-type: none"> <li>Get your BMI and waist measured every 2 years, or more often if your doctor recommends it.</li> <li>Aim for a healthy weight. Try not to gain extra weight.</li> <li>If you are overweight, try to lose weight slowly. Lose 1 to 2 pounds (0.45 kg to 0.91 kg) a week.</li> <li>Eat smaller portions, and be physically active for at least 60 minutes daily.</li> </ul> |
| Category   | BMI   |  |     |             |       |         |           |             |           |        |               |   |
| Underweight  | <18.5   |  |     |             |       |         |           |             |           |        |               |   |
| Normal*  | 18.5–24.9   |  |     |             |       |         |           |             |           |        |               |   |
| Overweight*  | 18.5–24.9   |  |     |             |       |         |           |             |           |        |               |   |
| Obese*   | 30 or greater   |  |     |             |       |         |           |             |           |        |               |   |
| <p><b>Diabetes</b></p> <p>When the sugar in the blood is high, your body cannot use the food you eat for energy.</p> <p><b>Prediabetes</b></p> <p>Prediabetes is when blood glucose levels are higher than normal, but not yet high enough to be diagnosed as diabetes. People with prediabetes are at higher risk for cardiovascular disease.</p> | <ul style="list-style-type: none"> <li>Diabetes is serious. You may not know you have it. It can lead to heart attacks, blindness, amputations, and kidney disease.</li> <li>Being overweight is a major risk factor for type 2 diabetes.</li> <li>Filipino Americans are at higher risk for type 2 diabetes than the non-Hispanic Caucasian population.</li> </ul>   | <ul style="list-style-type: none"> <li>Find out if you have diabetes.</li> <li>Get your blood glucose (blood sugar) level checked at least every 3 years, beginning at the age of 45. You should be tested at a younger age and more often if you are at risk for diabetes.</li> </ul> |     |             |       |         |           |             |           |        |               |   |

# Heart Disease Risk Factors You Can Do Something About *(continued)*

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|--|---|--|
| <p><b>Not being physically active</b></p> <p>Being inactive can double your chances of heart disease and take away years from your life.</p> | <ul style="list-style-type: none"> <li>• Adults should do at least 30 minutes of moderate physical activity on most days, preferably every day of the week.</li> <li>• Many adults need 60 minutes of moderate (medium-level) to vigorous (high-level) activity on most days, preferably every day of the week, to prevent unhealthy weight gain.</li> <li>• Adults who used to be overweight need 60 to 90 minutes of moderate physical activity every day to avoid regaining weight.</li> <li>• Children and adolescents need at least 60 minutes of moderate to vigorous physical activity on most days and, preferably, every day of the week.</li> </ul> | <ul style="list-style-type: none"> <li>• Stay active. You can build up to 60 minutes of exercise each day by being active for 20 minutes three times a day.</li> <li>• Try walking, dancing, or playing basketball.</li> </ul> |
| <p><b>Smoking</b></p> <p>You put your health and your family's health at risk when you smoke.</p>  | <ul style="list-style-type: none"> <li>• Cigarette smoking is addictive. It harms your heart and lungs. It can raise your blood pressure and blood cholesterol and those of others around you.</li> </ul>   | <ul style="list-style-type: none"> <li>• Stop smoking now, or cut back gradually.</li> <li>• If you cannot quit the first time, keep trying.</li> <li>• If you do not smoke, do not start.</li> </ul>                          |