

# Heart Health - Overview

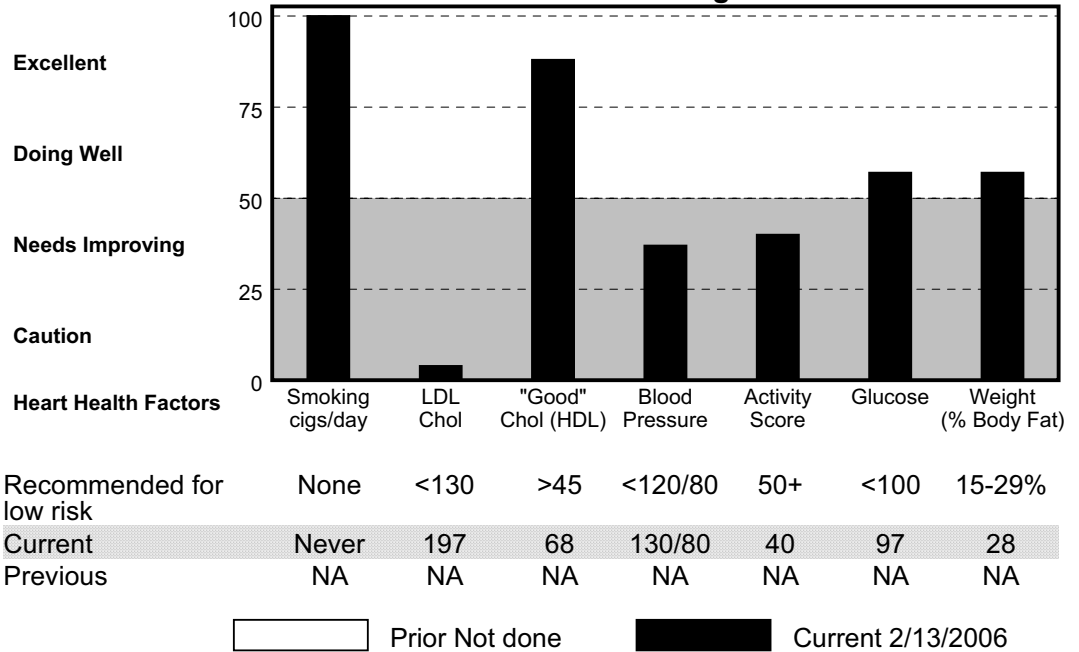
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## Understanding Your Heart Health Report

This report is to help you understand the key areas of your health profile which specifically affect your risk for coronary and circulatory disease.

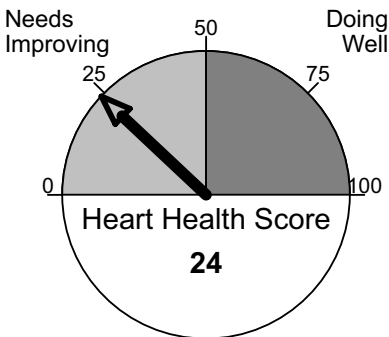
The controllable risks for heart health are listed on the graph to the right. If improvement is needed, these are the areas on which you will need to focus. In addition to the controllable risks, there are noncontrollable risks listed under "Heart Health Factors." These include personal and family history of heart or circulatory problems, gender, and age.

Heart Health Rating Scale



## Overall Heart Health Score

The overall Heart Health score is determined by the number of risk factors present.



Heart Health rating scale	
Excellent .....	75-100
Doing Well.....	50-74
Needs Improving...	25-49
Caution, High Risk	0-24

Your current Heart Health score is 24, "Caution, High Risk."

## Heart Health Factors

Factors associated with heart disease are listed below. Your risks are marked with a ✓. Give marked items special attention. Overall, you are at "High Risk" based on the criteria established by the National Cholesterol Education Program (NCEP).

- Personal history** of heart or circulatory problem or diabetes.
- Family history** of early heart disease in a parent, brother, or sister.
- ✓ **Gender/age** - Risk increases with age, especially after 55 for women.
- Nonsmoker** - Not smoking greatly reduces risk.
- ✓ **Elevated blood pressure** - Blood pressure of 120/80 or higher (either number) is elevated.
- ✓ **High LDL** - An LDL of 130+ indicates risk.
- Low HDL** ("good" cholesterol) - An HDL less than 45 indicates risk.
- Elevated blood sugar** - Fasting glucose level is normal (less than 100).
- Sedentary** - Inactivity is a risk. Be active 30 minutes, most days.
- Weight** - Your percent body fat of 28% is within the desirable range for good heart health. Your waist girth is 32 in. and 35 in. or less is desirable. Your waist/hip ratio is 0.76 and less than 0.8 is best.

# Heart Health - Blood Tests

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## Cholesterol Level

Doing Well  Needs Improving

A high LDL cholesterol level can clog arteries, causing a heart attack or stroke. On the other hand, HDL cholesterol is protective. HDL particles remove excess cholesterol, helping prevent blockage of arteries.

Your overall cholesterol risk is best determined by evaluating both "Bad" (LDL) and "Good" (HDL) cholesterol levels.

Your present cholesterol level puts you at risk. Reduce your risk by lowering LDL and raising HDL levels.

Blood Test Results and Risk Status				
	Your Results	Desirable	Borderline	High Risk
Total cholesterol	210 mg/dl	less than 200	200 - 239	240+
LDL cholesterol	197 mg/dl	less than 130	130 - 159	160+
HDL cholesterol	68 mg/dl	45 or more	less than 45	less than 40
Risk ratio	3.1	less than 4.0	4.0 - 4.9	5.0+
Triglycerides	122 mg/dl	less than 150	150 - 199	200+
Glucose (fasting)	97 mg/dl	less than 100	100 - 125	126+

### To lower total and LDL "bad" cholesterol

- ♦ Limit fat intake, especially animal or saturated fat.
- ♦ Avoid high-cholesterol foods such as eggs or meat.
- ♦ Eat high-fiber foods such as oatmeal, brown rice, fruits, vegetables, and legumes (peas, beans, lentils).
- ♦ Achieve and maintain a healthy weight.

### To raise HDL "good" cholesterol

- ♦ Achieve and maintain a healthy weight.
- ✓ Get regular, aerobic exercise (walk, cycle, hike, swim, aerobics, active sports, jog) 10 to 15+ aerobic miles per week.
- ♦ DO NOT SMOKE.
- ♦ Note: postmenopausal women usually have higher HDL levels than men.

## Triglycerides

Your results: 122 mg/dl

Doing Well  Needs Improving

Triglyceride is a fancy name for fat in your blood. A triglyceride level less than 150 is recommended (less than 100 is ideal). Your triglyceride level is within the levels recommended for good health.

### To lower Triglyceride levels

- ♦ Achieve and maintain a healthy weight.
- ✓ Get regular, aerobic exercise (walk, cycle, hike, swim, aerobics, active sports, jog) 30 minutes or more (preferably) daily. **Be sure to get your doctor's guidance before starting any exercise program if you have any health problem.**
- ♦ Avoid alcohol or limit your alcohol intake.

## Glucose

Your results: 97 mg/dl

Doing Well  Needs Improving

A fasting blood glucose level of 100 or above may indicate a glucose tolerance problem, increasing your risk of diabetes. A fasting glucose level of 126+ indicates high risk. Your glucose level is within recommended levels.

### To lower Glucose levels

- ♦ Achieve and maintain a healthy weight.
- ✓ Get regular, aerobic exercise (walk, cycle, hike, swim, aerobics, active sports, jog) 30 minutes or more (preferably) daily. **Be sure to get your doctor's guidance before starting any exercise program if you have any health problem.**

# Heart Health - Reducing Risk

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## Smoking

Your results: Never

Doing Well  Needs Improving

Smoking damages the heart. It decreases HDL levels, increases the likelihood of a blood clot, and damages the artery walls, causing cholesterol to be deposited, clogging the arteries. By not smoking you are practicing preventive medicine. Also try to avoid smoky environments. Second-hand smoke can also increase your risk.

### How to stop smoking:

- ◆ 45 million people have stopped smoking, most of them on their own. You can too!
- ◆ For best results, follow a self-help guide to quitting or join a support group.
- ◆ Ask your doctor for help and guidance or contact the local lung or heart association.

## Blood Pressure

Your results: 130/80

Doing Well  Needs Improving

Keeping blood pressure low helps protect the heart and arteries. A pressure of 115/75 or lower is ideal, less than 120/80 is recommended. Pressures of 120/80 to 139/89 are prehypertension, increasing your risk. 140/90 or above is high and needs medical attention. Your blood pressure is above the recommended range.

### How to lower your blood pressure:

- ◆ Achieve/maintain a healthy weight. Even a weight loss of 10 lbs can do wonders.
- ✓ Get regular, moderate, physical activity such as walking.
- ◆ Eat foods low in fat, high in fiber, and adequate in calcium and potassium.
- ◆ Avoid or limit alcohol intake. Alcohol can increase blood pressure.
- ◆ Limit intake of salt and salty foods.
- ◆ Keep stress moderate, get adequate sleep (7-8 hrs daily), and take relaxation breaks.

## Physical Activity

Your results: Score - 40

Doing Well  Needs Improving

Physical activity is protective to the heart and circulation. Regular aerobic activity improves the way the body uses fats, raises HDL levels, helps lower blood pressure, helps control/prevent high blood sugar levels, decreases clotting tendency and helps control/prevent excess weight. Exercise also strengthens the heart so it works more efficiently. Consider regular exercise as good preventive medicine.

### How to exercise for Heart Health:

**Frequency:** Set a goal of being physically active on most, preferably all, days of the week.

**Intensity:** Do moderate physical activities such as walking.

**Time:** Accumulating at least 30 minutes each day. Choose a 30 to 60 minute workout or several 10-minute sessions a day. Choose activities you enjoy.

**Examples:** Walk, hike, low impact aerobics, bike, active gardening, active sports.

**Note:** Get a doctor's guidance first if health problems exist.

## Percent Body Fat

Your results: 28%

Doing Well  Needs Improving

Excess body fat increases coronary risk by raising blood pressure and cholesterol levels and increasing the tendency for diabetes. Maintaining a healthy fat level is protective to the heart and arteries. Your percent body fat level is within the recommended range for good heart health.

### How to maintain a healthy weight:

- ◆ Dieting doesn't work. Learn to eat healthy lowfat meals and avoid late snacks.
- ◆ Be active; try to get 30+ minutes of moderate to vigorous physical activity daily.
- ◆ Avoid excessive stress, get adequate rest, and take time for yourself.

# Medical Follow-Up

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## ***Screening Results***

High cholesterol level - LDL 197

The following test results are in the "High Risk" area and need further evaluation and attention by your doctor.

**\*Follow your doctor's advice if you are on a special diet.**