

Who's at Risk?

Heart attacks strike both men and women. However, some persons are more likely than others to have a heart attack because of their "risk factors." Risk factors are behaviors or conditions that increase the chance of a disease. Some of the risk factors for heart attack are beyond your control, but most can be modified to help you lower your risk of having a first - or repeat - heart attack.



Reducing Your Risk of a Heart Attack

Provided as a public service by:

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CONSULTATIVE, PREVENTATIVE, DIAGNOSTIC,
INTERVENTIONAL, RESEARCH AND CLINICAL CARDIOLOGY

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What are Your Risk Factors?

To find your risk for a heart attack, check the boxes that apply to you:

- A family history of early heart disease (Father or brother diagnosed before age 55; Mother or sister diagnosed before age 65)
- Increasing age
- High blood cholesterol
- High blood pressure
- Diabetes
- One or more previous heart attacks, angina, bypass surgery or angioplasty, stroke, or blockages in the neck or leg arteries
- Overweight
- Physical inactivity
- Cigarette smoking

The more risk factors you have, the greater your risk for a heart attack.

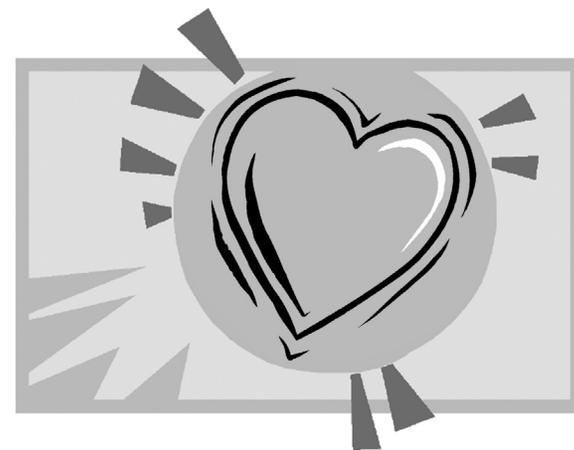
Reducing Heart Attack Risk

You can reduce your risk of having a heart attack - even if you already have coronary artery disease (CAD) or have had a previous heart attack. The key is to take steps to prevent or control your heart disease risk factors.

Seven Key Steps to Reduce Heart Attack Risk

Taking these steps will reduce your risk of having a heart attack:

- ▶ Lower high blood pressure
- ▶ Reduce high blood cholesterol
- ▶ Manage diabetes
- ▶ Stop smoking
- ▶ Aim for a healthy weight
- ▶ Be physically active each day
- ▶ Eat a low fat, low cholesterol diet



Reduce Your Risk of a Heart Attack by Taking Steps to Prevent or Control Risk Factors

▶ High blood pressure

- ▶ Have your doctor check your blood pressure.
- ▶ Aim for a healthy weight.
- ▶ Become physically active.
- ▶ Follow a healthy eating plan, including food lower in salt and sodium.
- ▶ Limit alcoholic beverages.
- ▶ Take medication, if prescribed.

▶ High blood cholesterol

- ▶ Get your blood cholesterol level checked once every 5 years. (Check it more often, if necessary.)
- ▶ Learn what your numbers mean.
- ▶ Follow a low-saturated fat and low cholesterol eating plan.
- ▶ Become physically active.
- ▶ Aim for a healthy weight.
- ▶ Take medication, if prescribed.

▶ Cigarette smoking

- ▶ Stop smoking now or cut back gradually.
- ▶ If you can't quit the first time, keep trying.
- ▶ If you don't smoke, don't start.

▶ Overweight

- ▶ Maintain a healthy weight. Try not to gain extra weight.
- ▶ If you are overweight, try to lose weight slowly, ½ to 1 pound a week.

▶ Diabetes

- ▶ Find out if you have diabetes.
- ▶ Get your blood sugar level checked by your doctor.

▶ Physical inactivity

- ▶ Become physically active.
- ▶ Do 30 minutes of moderate-level physical activity, such as brisk walking, on most and preferably all days of the week.
- ▶ If necessary, break 30 minutes into periods of at least 10 minutes each.