

Heart Health

What You Need To Know



Permafold® Topics

1. Risk Factors
2. Exercise
3. Eat Healthy
4. Deal with Stress
5. Other Heart Health Tips
6. Heart Conditions
7. Heart Attack Warning Signs



1. Risk Factors

Some factors make people more likely to have coronary heart disease. The more risk factors you have, the more you are at risk.

Risk Factors You Can't Change

- You have had a heart attack or stroke.
- Being male 45 years+ or female 55 years+
- Heart disease in a father or brother before age 55; in a mother or sister before age 65
- Race. African Americans have a higher risk than Caucasians.

Risk Factors You Can Control

- Cigarette smoking. Secondhand smoke.
- Blood pressure $\geq 140/90$ mm Hg or you take medicine to lower high blood pressure
- High risk levels for LDL (bad) cholesterol, HDL (good) cholesterol, and/or triglycerides
- Diabetes
- Being overweight. Lack of exercise.
- Other artery diseases (abdominal aortic aneurysm, carotid artery disease; peripheral artery disease)
- Metabolic syndrome. This is having 3 or more of these problems:
 - Waist size ≥ 40 inches for men; ≥ 35 inches for women
 - Blood pressure ≥ 130 mm Hg systolic and/or ≥ 85 mm Hg diastolic or you take medicine to lower blood pressure
 - A fasting blood sugar ≥ 100 mg/dL or you have diabetes
 - Triglycerides ≥ 150 mg/dL
 - HDL-cholesterol < 40 mg/dL for men; < 50 mg/dL for women

Reviewed and Approved by the Senior Medical Advisory Board

American Institute for
Preventive Medicine

This Permafold® is not meant to take the place of expert medical care or treatment. Follow your doctor's or health care provider's advice.

2. Exercise

Aim to do an aerobic activity at least 20 minutes a day. Do this 5 or more days a week. The goal during an aerobic workout is to reach your target heart rate. (See “Target Heart Rate” box on the next panel.) Even moderate levels of exercise will be good for the heart.

Body builders work out to make muscles in their bodies stronger. The heart is a muscle. Exercise makes it stronger, too. Exercise also does these things:

- It helps more blood get to the heart and more oxygen get to the lungs.
- It lowers the chance of blood clots in the arteries.
- It helps lower blood pressure.
- It lowers stress.

The best exercise for the heart is one that makes it beat faster and helps the lungs take in more oxygen. This is called aerobic exercise. Aerobic exercises include:

- Walking fast
- Step aerobics
- Jumping rope
- Cross country skiing
- Jogging

TIPS:

- Talk to your doctor before you start to exercise if:
 - You have been inactive for a long time.
 - You are overweight.
 - You are over 35 years old.
 - You have any medical problems.
- Start out slowly. Build up from there.
- Warm up and cool down with exercise.
- Wait at least 2 hours after you eat to do heavy exercise.
- Vary the exercises you do, so you won't get bored.



Target Heart Rate

If you reach your target heart rate during the aerobic part of your workout, your pace is good.

To find out if you reach your target heart rate, check your pulse. Check it 10 minutes after you start your workout.

- Place your fingers (not your thumbs) on one side of your neck below your jawbone. Or, check it on the inside of your wrist.
- Count the number of tiny beats you feel in 10 seconds.
- Find the line with your age (or the closest one to it) in the box below.
- Is the number of beats you counted in 10 seconds in the range of numbers on the line next to your age? If so, you have reached your target heart rate.



Target Heart Rate Zone	
Age	Approximate Beats Per 10 Seconds
20	20 to 27
25	19 to 26
30	19 to 25
35	18 to 25
40	18 to 24
45	17 to 23
50	17 to 23
55	16 to 22
60	16 to 21
65+	15 to 20

Note: Check with your doctor before you use this target heart rate range. Your range may need to be lower for medical reasons.

3. Eat Healthy

- Have 5 to 9 or more servings of fruits and vegetables every day!
- Choose foods low in saturated fat and with zero *trans* fat. These raise LDL (bad) cholesterol in the blood more than anything else in the diet. Read food labels. *Trans* fats are in foods that have hydrogenated oils.
- Eat foods with plant sterols and stanols, such as margarines and salad dressings made with these.
- Choose monounsaturated and polyunsaturated fats. (Read the chart below.)

Fat Chart

Saturated and *Trans* Fats. (Limit or avoid these.)

- Foods made with or fried in hydrogenated or partially hydrogenated oils. Examples are stick margarine, solid shortening, and processed snack foods, such as some cookies and crackers.
- Animal fats: Lard, suet, beef and pork fats
- Coconut, palm and palm kernel oils. Cocoa butter.
- Fat in dairy foods, such as butter, cream, and milks

Monounsaturated Fats. (Use these in moderation.)

- Canola, olive, and peanut oils
- Fat in avocados, almonds, peanuts, and pecans

Polyunsaturated Fats. (Use these in moderation.)

- Safflower, corn, sunflower, soybean oils
- Squeeze and soft tub margarines. Mayonnaise.
- Fat in walnuts, soybean nuts, and sunflower seeds

Eating Guide

Put this on your refrigerator. Use it as a daily guide to heart healthy food choices. Use this when you make your grocery list, too.

- Whole-grain breads, cereals, and pastas. (Examples: Oatmeal, shredded wheat, etc.)
- Wheat bran and oat bran
- Nonfat and low-fat muffins, such as bran
- English muffins
- Bagels
- Raw, fresh, or cooked vegetables
- Salads with vinegar and lemon juice or small amounts of mono-and-polyunsaturated oils
- Frozen vegetables (not in butter or cheese sauce)
- Fresh, frozen, and dried fruits
- Fresh fruit juices
- Fruit canned in juice or water
- Skim, 1/2%, and nonfat milks. Dry nonfat milk.
- Nonfat and low-fat yogurts
- Soy milks and yogurts
- Rice milk. Almond milk.
- Part-skim and nonfat cheeses. Choose ones with 2 to 3 grams of fat or less/ounce.
- Nonfat sour cream and cream cheese
- Nonfat ice cream and frozen yogurts
- Egg substitutes, egg whites (3 to 5 egg yolks/week)

Eat Healthy, continued

Follow your doctor's advice for taking vitamins, minerals, and herbal products.

Limit total sodium from salt and sodium in foods to 2,300 milligrams (mg) per day; 1,500 mg if you have high blood pressure, are African American, or are middle-aged and older. You easily get this amount from foods without adding salt at the table.

Eating Guide

- Dried beans, peas, lentils (cooked or in soups, etc.)
- Soybeans, tofu (soy bean curd), miso
- Almonds and walnuts
- Flax seeds, psyllium seeds, sunflower seeds

- Fresh, frozen, and canned fish, such as salmon, cod, tuna, etc. Eat fish 2 or more times/week.
- Baked and broiled chicken, turkey, etc. (Remove skin before eating.)

- Salad dressings and margarines with plant stanols or sterols (like Benecol[®] and Take Control[®] brands)
- Vegetable oils (olive and canola in small amounts), low-fat soft and liquid margarines
- Nonfat and low-fat salad dressings

- Sandwiches with lean meats (tuna, turkey, ham, chicken, or vegetables)
- Vegetarian burgers
- Defatted soups and stews. (Use more vegetables, beans, pasta, etc.) Burritos, lasagna, pizza, etc. (with more vegetables and less meat and cheese).

- Frozen fruit bars. Sorbets.
- Low-fat crackers (matzoh, graham, etc.)
- Air-popped or low-fat microwave popcorn
- Rice cakes. Unsalted pretzels.
- Angel food cake. Fat-free puddings.

- Read the “Nutrition Facts” on food labels for sodium content. Choose ones low in sodium and that are labeled “no added salt,” reduced sodium,” and “low-sodium.”
- Eat foods with fiber. This comes from plant foods. Oat bran, oatmeal, apples, carrots, kidney and other beans have a kind of fiber that lowers cholesterol. Eat these foods often. Eat fruits, vegetables, nuts, seeds, and whole-grain breads and cereals to get fiber, too. Aim for 20 to 35 grams of fiber per day. Read food labels for “Dietary Fiber.”
- Lose weight if you are overweight.
- If you drink alcohol, limit how much you drink to:
 - 2 drinks a day for men.
 - 1 drink a day for women and persons over age 65.
 - One drink = 4 to 5 oz. wine
or 12 oz. beer
or 1-1/2 oz. 80 proof liquor
- Limit foods with cholesterol. This is only in animal foods, such as liver, meat, meat fat, and dairy foods with fat.
 - Choose lean meats. Limit serving sizes.
 - Choose nonfat and low-fat dairy foods.
 - Read food labels for cholesterol content. Your doctor may advise that you eat no more than 200 to 300 mg. of cholesterol a day.

{Note: Your blood cholesterol comes from the cholesterol your body makes and from foods you eat. Saturated and trans fats raise blood cholesterol more than anything else in the diet. (See panel 5.)}

4. Deal with Stress

Stress makes the heart work harder. Stress raises blood cholesterol. Also, people who respond to stress in a hostile, angry way tend to suffer more heart attacks.

Tips to Deal With Stress

- Learn ways to relax, like deep breathing.
- Balance work and play.
- Control negative thinking.
- Don't let emotions get "bottled up."
- Laugh more.
- Avoid needless quarrels.



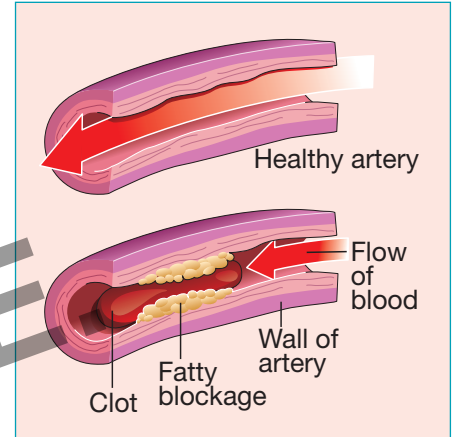
5. Other Heart Health Tips

- Get regular medical checkups. Get your blood pressure checked at each office visit or at least every 2 years. Get your blood cholesterol tested at least every 5 years (yearly if you have heart disease or diabetes).
- Don't smoke. If you smoke, quit.
- Get to or stay at a healthy body weight.
- Take medicines as prescribed.
- Ask your doctor about taking a low dose of aspirin (e.g., 1 baby aspirin) daily.
- If you have diabetes, follow your treatment plan. If you don't have diabetes, learn how to prevent and detect it from www.diabetes.org.
- Manage anger, anxiety, depression, and stress.
- Nurture your heart with healthy emotions and a strong support system from family and friends.

6. Heart Conditions

Coronary Artery Disease (CAD)

Heart disease is a common term for coronary artery disease (CAD). It is the leading cause of death in the U.S. for both men and women. With heart disease, arteries that supply blood to



the heart become clogged with deposits called plaque. Cholesterol is part of the plaque. Over time, the buildup of plaque restricts blood flow to the heart. This can cause the problems that follow.

Heart Failure (HF)

With this, the heart itself doesn't fail. It "fails" to supply enough blood and oxygen for the body's needs. This develops over time. It becomes a chronic problem.

Symptoms of Heart Failure

- Shortness of breath
- Feeling very tired or weak
- Swelling in the lower legs, ankles and feet. Shoes can feel too tight all of a sudden.
- Rapid weight gain
- Dry cough or one with pink, frothy mucus
- Fast heartbeat

7. Heart Attack Warning Signs

Angina

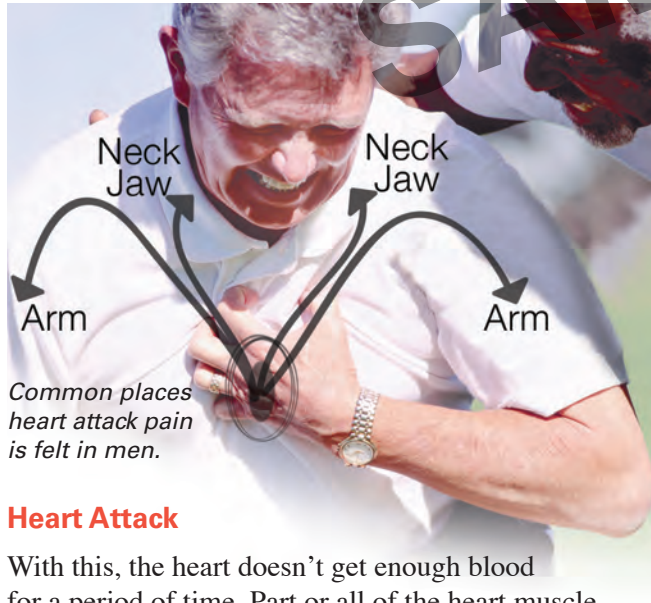
With this, the heart muscle does not get enough blood and oxygen needed for a given level of work.

Symptoms of Angina

- Pain, discomfort or a squeezing pressure in the chest
- Aching in a tooth, an arm, a jaw, or in the neck

Symptoms may come when you get angry or excited. They are more likely to come when you exert yourself (climb a hill, run to catch a bus, etc.). They usually go away with rest and/or nitroglycerin. This is medicine a doctor prescribes.

{Note: Angina symptoms can also be signs of a heart attack. (See the next panel.) A heart attack damages the heart muscle. Angina does not.}



Common places heart attack pain is felt in men.

Heart Attack

With this, the heart doesn't get enough blood for a period of time. Part or all of the heart muscle dies. A heart attack can occur with heavy activity. It can occur at rest or during sleep, too. Heart attack warning signs are given on the next panel.



For any heart attack warning sign, call 9-1-1 or your local EMS.

Common Heart Attack Warning Signs

- Feeling of pain (may spread to the arm, neck, jaw, tooth, or back), tightness, burning, squeezing, fullness, or heaviness in the chest that lasts more than a few minutes or goes away and comes back
- Chest discomfort with fainting, shortness of breath, lightheadedness, nausea, or sweating. Unusual chest, abdominal, or stomach pain.
- Dizziness, nausea, trouble breathing, or arm or jaw pain without chest pain
- Fast or uneven heartbeat or pulse; sweating for no reason; or pale, gray, or clammy skin

Signs More Likely to Occur in Women

- An uneasy feeling in the chest with any problem listed above or with: Unexplained or extreme anxiety; unusual fatigue or weakness; fluttering heartbeats; or severe indigestion that does not go away with an antacid

For More Information, Contact:

American Heart Association
800.242.8721 • www.heart.org/HEARTORG

National Heart, Lung, and Blood Institute
www.nhlbi.nih.gov