

# Go Red

## WEAR RED ON FRIDAY, FEBRUARY 5 Show your commitment to heart health.

Take care of your heart; you only have one. You are the key to keeping your heart and body strong and healthy. Protecting your heart can be as simple as making a few changes in your life, but first it helps to know where you stand. A doctor's visit and simple blood tests can provide key indicators about your heart health.

### KNOW YOUR NUMBERS AND TARGET GOALS

- Cholesterol
  - Total < 200
  - Good (HDL) > 50
  - Bad (LDL) < 100
- Triglycerides < 150
- Fasting glucose < 100
- Physical activity
  - 30 minutes a day, 5 days a week
- Waistline
  - Women < 35 inches
  - Men < 40 inches
- Blood pressure
  - Normal*
    - Systolic < 120
    - Diastolic < 80
  - Prehypertension*
    - Systolic 120-139
    - Diastolic 80-89
  - Hypertension*
    - Systolic 140 or >
    - Diastolic 90 or >

### KNOW YOUR RISK FACTORS FOR HEART DISEASE

- Diabetes
- Family history of coronary disease or heart attack
- High blood pressure
- High cholesterol
- Inactivity
- Smoking

### SET REASONABLE GOALS TO REDUCE YOUR RISK

- Shed excess pounds
- Stop smoking
- Eat for health
- Increase your activity levels
- Relax more and stress less
- Get adequate rest
- Monitor cholesterol and blood pressure levels regularly

### HEART ATTACK WARNING SIGNS IN MEN AND WOMEN

- Chest pain with shortness of breath
- Pain in one or both arms
- Pain or pressure in chest, back, neck, jaw, shoulder, stomach

### ADDITIONAL SIGNS UNIQUE TO WOMEN

- Nausea or dizziness without chest pain
- Shortness of breath without chest pain
- Unexplained fatigue, weakness, cold sweats, or paleness
- Sense of impending doom
- Indigestion or gas-like pain
- Discomfort, pain, or pressure between shoulder blades



 Community Hospital of the Monterey Peninsula®