

# HealthyActions

Achieving Your Goals for Healthy Living



## Your Heart: Let's Talk About Coronary Heart Disease

### High blood pressure:

When blood moves through your arteries with too much force. Arteries are tubes that bring fresh blood to your heart and body.

### Cholesterol:

A waxy film that can build up and clog the blood flow in your body.

### Diabetes:

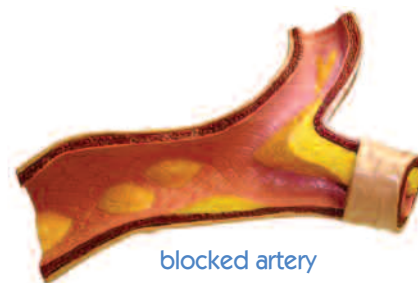
When too much sugar stays in your blood.

### Heart Disease Is Related to Other Medical Conditions

Heart disease is any condition that damages your heart or arteries. High blood pressure and high cholesterol are types of heart disease. This can lead to a heart attack or stroke.



healthy artery



blocked artery

- If you have high blood pressure, you are more likely to have a stroke or heart attack.
- If you have high cholesterol, you are more likely to have other serious heart problems.
- If you have diabetes, you are much more likely to have heart disease.
- If you are obese, you are more likely to have diabetes, high cholesterol, high blood pressure, and other serious health problems.

### There Are Many Things You Can Do to Prevent or Manage Diseases That Damage Your Heart

There are many things you can do to improve your health. This is true even if you have heart disease or other serious health problems.

- See your doctor for a complete check-up.
- Make changes in your everyday life: stop smoking, eat a healthy diet, exercise and watch your weight, and take all your medicines as your doctor tells you to.



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## Did you know?

Nearly 1 in 3 adults in the United States has high blood pressure.<sup>1</sup>

Nearly half of all adults have blood cholesterol levels that are too high.<sup>1</sup>

Nearly 1 in 10 adults has diabetes.<sup>1</sup>

Nearly 1 in 3 adults is obese or very overweight.<sup>1</sup>

Talk to your doctor about ways to improve your health. Make some everyday life changes. You'll be healthier. You'll feel better. You'll look better. And you'll enjoy life more.

## Use the Healthy Heart Checklist to Improve Your Health

**See your doctor for a complete check-up.** Your doctor can help you prevent or manage heart disease, diabetes, and related illnesses. Many people who have these diseases do not have symptoms. Discuss your medical history and all medicines you are taking.

**Make everyday life changes.** Here are some good choices you can make every day to be healthy:

- Do not smoke.**
- Eat a healthy diet.** For most people, a healthy diet is low in fat and high in fruits and vegetables. Talk to your doctor or dietician about ways to eat healthier. Eating a healthy diet will help you:
  - Lower your chances of having heart problems.
  - Lower your blood pressure and cholesterol.
  - Manage diabetes.
  - Watch your weight.
- Exercise.** Exercising 30 minutes most days will improve your health and help you control your weight.
- Take all medicines the way your doctor tells you to.**

### References

1. Rosamund W, Flegal K, Friday G et al. Heart Disease and Stroke Statistics—2007 Update: A Report from the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. *Circulation*. 2007;115:e69-e171.

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