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SP526-B-Change Your Life, for the Life of Your Heart

The University of Tennessee Agricultural Extension Service

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Keep High Blood Pressure in Check

- Know your numbers – normal blood pressure is less than 130/85 mm Hg.
- Stop smoking.
- Shed extra pounds.
- Exercise regularly.
- Cut down on salt, alcohol and caffeinated beverages.
- Take medications as prescribed.

Activate Your Lifestyle

- Build up to 30 minutes of daily exercise, five or more days a week. Accumulate your 30 minutes over the day.
- Choose activities you enjoy.
- Count leisure-time physical activities such as walking, gardening, yard work, dancing, golf and tennis.

For Women Only

Heart disease is not just a man’s problem. Heart disease is the number one killer of women. One in three women dies from heart disease.

- If you are in the child-bearing years, talk to your doctor about the risks and benefits of using birth control pills.
- If you are menopausal or post-menopausal, talk to your doctor about the risks and benefits of hormone replacement therapy.

For more information on heart health, contact:

Visit the Extension Health Program Web site at http://fcs.tennessee.edu/healthsafety/index.htm

Change Your Life, for the Life of Your Heart

a wellness publication written by Barbara (Bobbi) P. Clarke, PhD, RD
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THE UNIVERSITY of TENNESSEE
You can protect your health and reduce your risk of heart disease by learning self-care skills and making lifestyle changes.

(✓) Check those health actions you plan to try.

Know About Heart Disease
• Heart disease usually develops slowly and silently.
• It may not cause symptoms for years.

Reduce These Risk Factors
• Control your blood sugar.
• Maintain a healthy weight.
• Cope with stress.
• Control your blood cholesterol.
• Control your blood pressure.

Control Your Blood Cholesterol

• Fill your plate with whole grains, fruits and vegetables.
• Eat less fat, especially saturated fat, trans fat and cholesterol.
• Slim down if you are overweight.
• Get regular exercise.
• Take cholesterol-lowering medications as prescribed.

Know Your Blood Cholesterol Numbers

<table>
<thead>
<tr>
<th></th>
<th>Desirable</th>
<th>Borderline</th>
<th>Undesirable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Cholesterol</td>
<td>under 200</td>
<td>200-239</td>
<td>240 or higher</td>
</tr>
<tr>
<td>LDL (Bad) Cholesterol</td>
<td>under 130</td>
<td>130-159</td>
<td>160 or higher</td>
</tr>
<tr>
<td>HDL (Good) Cholesterol</td>
<td>60 or more</td>
<td>40-59</td>
<td>under 40</td>
</tr>
<tr>
<td>Triglycerides</td>
<td>under 150</td>
<td>150-199</td>
<td>200 or higher</td>
</tr>
</tbody>
</table>

Break the Smoking Habit

• Stop smoking. Did you know:
  • Smokers are up to six times more likely to suffer a heart attack than non-smokers.
  • Smoking damages arteries and promotes blood clots.
  • Quitting cuts the risk of heart disease in half by the end of one year.