

ABC'S: THE GOOD NEWS ABOUT HEART DISEASE

IS THAT YOU DON'T HAVE TO GET IT IN THE FIRST PLACE. LET'S START TALKING ABOUT PREVENTION.

JUST LIKE DRIVING A CAR, LIFE HAS LIMITS

KNOW YOUR NUMBERS BEFORE YOUR "CHECK HEART" LIGHT COMES ON

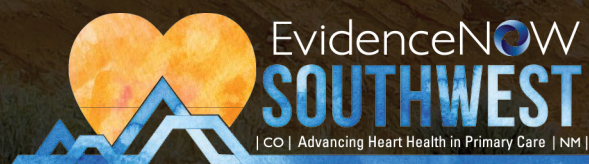
BUILD YOUR HEALTH CREW:

- HEALTH CARE PROVIDERS
- CLINIC STAFF
- FAMILY

PREVENT SECOND CHANCES

PREVENTIVE CARE CAN SAVE YOUR HEART

A roadmap to maintaining a healthy heart



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ASPIRIN

Take as directed by your health care provider

- Ask your health care professional if aspirin can reduce your risk of having a heart attack or stroke
- Tell your health care professional if you are allergic to Aspirin

BLOOD PRESSURE

Make sure it's controlled

- Check your blood pressure to be sure it is under 140/90
- One in three American adults has high blood pressure, but only about half of them have it under control.

CHOLESTEROL

Get it checked and manage it

- Keep your HDL high and LDL low
- HDL cholesterol is known as "good" cholesterol because having high levels can reduce the risk for heart disease and stroke.
- LDL cholesterol is known as "bad" cholesterol because having high levels can lead to plaque buildup in your arteries and result in heart disease and stroke.

SMOKING

Quit today

Smoking raises your blood pressure, which increases your risk for heart attack and stroke.

ASPIRIN

BLOOD
PRESSURE

CHOLESTEROL

SMOKING