

Women's Heart Health



Aurora's
Women's
Heart Care

Do you know...

- your blood pressure?
- your cholesterol levels?
- your blood sugar (glucose) count?

These key health factors, along with general health information like whether you smoke, your body weight, how physically active you are and your family medical history all play an important role in your risk for heart disease.

Discussing these important topics with your doctor can help you evaluate whether there are any additional test you should have to evaluate your risk and can help you plan any lifestyle modifications that will lower your risk.

Blood Pressure

High blood pressure, also known as hypertension, typically has no symptoms and, when left untreated, can lead to heart disease, heart failure, stroke and many other health problems. The key is to know your numbers and have it checked often if your blood pressure is over 120/80 mm Hg.

What do your numbers mean?

Adults 18 years and older

- **Healthy:** Below 120/80 mm Hg
- **Prehypertension:** 120-139/80-89 mm Hg
You are at increased risk for developing blood pressure related health problems. Changes in diet, activity and lifestyle habits will help reduce your risk.
- **Hypertension:** Above 140/90 mm Hg
This is more serious. In addition to changes in diet, activity and lifestyle, medication may be necessary.

Cholesterol

Cholesterol is a soft, waxy substance found among the lipids (fats) in the bloodstream and in all your body's cells. It's an important part of a healthy body, but too high a level of cholesterol in the blood is a major risk factor for coronary heart disease, which can lead to a heart attack. A lipid profile (total cholesterol, LDL, HDL and triglycerides) blood test is used to determine your risk from high cholesterol.

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• *Heart disease is the leading cause of death for women*

• *Prevention is the key for reducing your risk*

• *Talk to your health care provider about your personal risk for heart disease*

• *Please call 1-888-388-5881 or visit www.Aurora.org/MyHeart to learn more about heart health*



Cholesterol Guidelines

Total Cholesterol	Less than 200mg/dl <i>Desirable</i> 200-239mg/dl <i>Borderline high</i> Equal/greater than 240mg/dl <i>High</i>
LDL (lousy) Cholesterol	Less than 100mg/dl <i>Optimal</i> 100-129mg/dl <i>Near optimal</i> 130-159mg/dl <i>Borderline high</i> 160-189mg/dl <i>High</i> Greater than 190mg/dl <i>Very high</i>
HDL (healthy) Cholesterol	Greater than 50mg/dl <i>Optimal</i>
Triglycerides	Less than 150mg/dl <i>Optimal</i>

Diabetes

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed for our bodies to use the energy from our food.

Fasting Blood Sugar Guidelines

<i>Normal</i>	70 to 100 mg/dl
<i>Suggests Pre-diabetes</i>	100 to 125 mg/dl
<i>Suggests Diabetes</i>	125mg/dl or higher

Pre-diabetes

A level of 100 to 125 mg/dL indicates an abnormal fasting glucose – commonly known as pre-diabetes.

Diabetes

A level of 126 mg/dl or higher is consistent with either type 1 or type 2 diabetes. To confirm the diagnosis, your doctor may repeat the fasting blood sugar test on another day. If your test results are 126 mg/dl or higher twice in a row after at least eight hours of fasting, you may have diabetes.

Smoking

More than half of all heart attacks in women less than 50 years old are related to smoking. Smokers have more tools than ever to remain smoke-free forever. Counseling, self-help materials, a toll-free Quit Line (1-800-270-7867) and medications are available. Talk to your health care provider about which is right for you.

Body Mass Index (BMI)

Your BMI measures the amount of body fat based on your height and weight. BMI is one way to determine if you are overweight or obese.

BMI categories

- *Underweight* = <18.5
- *Normal weight* = 18.5-24.9
- *Overweight* = 25-29.9
- *Obese* = BMI of 30 or greater

Calculate your BMI

www.nhlbisupport.com/bmi/bminojs.htm

Physical Activity

An active lifestyle benefits all women and regular physical activity can lower your risk of developing heart disease and greatly improve your overall health and well-being. Your goal is to accumulate a minimum of 30 minutes of moderate-intensity physical activity (walking, swimming, biking etc...) most days of the week.

It is wise to discuss your interest in becoming more active with your health care provider to make sure it is safe and to determine what options are right for you.

Family History

If your father or brother had a heart attack before the age of 55, or if your mother or sister had a heart attack before the age of 65 you are at increased risk for developing heart disease. You can't change your family history of heart disease, but it is important to share it with your health care provider.