

ABCS of Heart Health

*Every year men and women have more than 1.5 million heart attacks and strokes.
Did you know that heart attacks and strokes can be prevented?*

A

Aspirin. *If* your doctor has you taking aspirin, be sure to take it as directed. Let your doctor know if your family has had a heart attack or stroke. Your doctor may run tests and draw your blood to find out if your heart is healthy.

B

Blood Pressure. The biggest risk of having a heart attack or stroke is high blood pressure. Many people don't know they have high blood pressure because they do not have any symptoms (signs). See your doctor to find out what your blood pressure numbers are. If your doctor has you taking medicine to control your blood pressure, be sure to take it as directed. Let your doctor know if you have any side effects from the medicine.

C

Cholesterol. Take control of your cholesterol. High cholesterol is not good for you because it can block blood flow. See your doctor to find out what your cholesterol numbers are. If your doctor has you taking medicine to help control your cholesterol, be sure to take it as directed.

S

Smoking. DON'T smoke. If you smoke, ask for help to quit. Smoking is bad for your health. Even if you have not been able to quit before, never quit quitting! Talk to your doctor about new ways to help you quit for good. For help today, call 1-800-QUIT-NOW today. (1-800-784-8669)





Top 10 Heart Healthy Tips

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Did you know that heart attacks and strokes can be prevented?

Here's what you can do to prevent heart attacks and strokes:

- 1. Eat more fruits and vegetables.**
Fruits and veggies help keep you healthy and strong so add color to your plate. Strawberries, bananas and oranges make great deserts and snacks. Tomatoes, sweet potatoes, carrots and broccoli make great snacks and side dishes.
- 2. Eat more whole grain cereals, breads and pasta.**
Look for "whole grains" printed on labels. Choose brown breads, rolls and rice.
- 3. Eat less saturated and trans fats.**
Choose lean cuts of meat. Choose chicken, turkey, pork and fish more often. Limit mayo, sauces, dips and dressings.
- 4. Eat less salt.**
Limit fast foods at restaurants and grocery stores. Prepackaged, instant and "ready to eat" foods contain more salt and fats.
- 5. Get moving.**
Staying active will help to control weight and make your heart strong. Movement of any kind counts, so dance to the radio. Go swimming. March in place. Try walking for 10 minutes, 3 times a day, 5 days a week.
- 6. Know your numbers.**
See your doctor to find out your weight, blood pressure and cholesterol numbers. Ask what your numbers mean. Talk with your doctor to help you find some ways to improve your numbers.
- 7. Make sure to take your medicine correctly.**
Medications can help you control your high blood pressure and/or cholesterol. Set reminders to help you stay on track. Talk to your doctor if you are having problems or side effects with your medicine.
- 8. Set some goals.**
Small changes done every day add up to big results. Use the *Heart Healthy Goals* form to help you pick goals that are right for you.
- 9. Involve your friends and family in your heart health goals.**
Talk about your goals with friends and family. Let them know when you need help. Everything is easier when you have a support system.
- 10. Visit millionhearts.hhs.gov.**
Million Hearts has a website to help you prevent heart attacks and strokes. Visit the website to learn more, find healthy recipes, set goals and track how you're doing.

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