




Red Dress Sunday


WAYS TO REDUCE YOUR RISK FOR HEART DISEASE

Increase your knowledge to save your heart




The main purpose of Red Dress Sunday is to remind everyone, women in particular, that our hearts are not only important spiritually, but also, physically. Because having a healthy heart is critical, it is important to know the risk factors for heart disease—that is, the behaviors and/or conditions that increase your chance of getting heart disease. Examples of these are: high blood pressure, high cholesterol, diabetes, smoking, obesity and overweight, physical activity, family history of early heart disease, and women ages 40-60.


QUIT SMOKING

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- If you smoke, quit. Smoking is, by far, the biggest risk factor for heart disease. In fact, one out of every five deaths from cardiovascular disease is smoking related.
 - Quitting smoking is hard, but you can work with your doctor to determine the best plan and support to help you succeed. The tools are endless and there is a right plan for you!

HIGH BLOOD PRESSURE

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- Also called hypertension, high blood pressure is known as the “silent killer” because you may not even know you have it.
 - High Blood pressure and borderline blood pressure are causes for concern and are usually treated with lifestyle changes. Discuss your risk factors with your physician to determine whether medication may also be necessary.

BLOOD PRESSURE GUIDELINES:

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- Optimal: Systolic less than 120 mm Hg; Diastolic less than 80 mm Hg
 - Normal: Systolic less than 130 mm Hg; Diastolic less than 85 mm Hg
 - Borderline: Systolic 130-139 mm Hg; Diastolic 85-89 mm Hg

HIGH CHOLESTEROL

- Cholesterol is a waxy, fat-like substance made in the liver and other cells and is found in certain foods from animals, like dairy products, eggs and meat.
- Your body needs some cholesterol, but when too much is present, plaque forms in your arteries narrowing the space for blood flow to the heart. Overtime, this can lead to atherosclerosis (hardening of the arteries), heart disease and heart attack.



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CHOLESTEROL GUIDELINES

- Keep total cholesterol under 200 mg/dL
- Increase/maintain HDL “good” cholesterol levels above 45 mg/dL (although 60 is ideal for women)
- Reduce LDL “bad” cholesterol levels to under 100mg/dL
- Reduce/maintain triglycerides to under 150 mg/dL



WEIGHT MANAGEMENT

•Extra pounds can add extra risk when it comes to heart disease. As weight increases so does the chance of developing high cholesterol, high blood pressure, diabetes and other coronary risk factors. Often losing as little as 5 percent to 10 percent of your body weight can dramatically improve risk factors. Focus on being healthy instead of “losing weight”.



PHYSICAL ACTIVITY

•Exercise goes hand-in-hand with good nutrition. The more active you are, the greater the benefits. Start slow and see how good exercising makes you feel.

DEALING WITH DIABETES

- If you have any of the previous risk factors, you may also be at risk for developing diabetes.
- Talk to your doctor about a screening. There are many programs out there to help manage diabetes.



POST MENOPAUSE

•If you are over age 50 or post menopausal, you may have an increase risk for heart disease.

A key to reducing the risk of heart disease is having regular physicals and discussions with your doctor. If you do not currently have a Primary Care Doctor, please call 1.866.690.9355 (WELL) to find one that matches your needs.