

WHAT'S YOUR RISK OF HAVING A HEART ATTACK OR CORONARY DISEASE?

Your risk of having a heart attack or heart disease depends on many things. You can change some things that increase your risk, but other things can't be changed. It is important to make all the changes you can to keep your heart healthy. **Take these 3 steps to reduce your risk.**



1. LEARN about risk factors

- **Age.** Your risk of coronary artery disease (CAD) goes up as you get older. Most people who die from CAD are 65 or older.
- **Gender.** Your risk of a heart attack is higher if you are a man. A woman's risk goes up after menopause but is still not the same as a man's.
- **Heredity/Ethnic background.** Your risk of heart disease is higher if your parents had heart disease. Your risk is also higher if your ethnic background is African, Mexican, American Indian, Hawaiian or Asian.

MAKE CHANGES to reduce your risk:

- **Don't smoke.** If you smoke, you increase your risk of a heart attack, sudden cardiac death and heart disease. Also stay away from second-hand smoke.
- **Manage high cholesterol.** Get your cholesterol levels checked and work with your doctor to set goals. The goals for most people are: Total cholesterol = less than 200 mg/dL; LDL ("bad" cholesterol) = less than 100 mg/dL; HDL ("good" cholesterol) = 50 or higher; triglycerides = less than 150.
- **Control high blood pressure.** If your blood pressure is 130/80 or higher, see your doctor and ask what your blood pressure goal should be. When your blood pressure is too high, your heart has to work harder to pump blood. This leads to heart disease and you are also more likely to have a stroke, kidney failure and heart failure.
- **Control diabetes.** Having diabetes puts you at risk of heart disease, even if your glucose ("sugar") levels are controlled. Diabetes also increases your risk of stroke. It is very important to see your doctor for a recommended and to follow your plan of care.
- **Be active.** Regular exercise lowers your risk of heart disease. If you aren't getting regular exercise, talk to your doctor about a program that is right for you.
- **Get to a healthy weight.** Your risk of heart disease is higher if you are overweight or obese. This is especially true if your extra weight is in your middle section. Talk to your doctor about ways to reach and stay at a healthy weight.

2. KNOW your numbers.

The better your numbers, the lower your risk of heart disease.

Blood glucose _____ Total cholesterol _____

Triglycerides _____ LDL cholesterol _____

Blood pressure _____ HDL cholesterol _____

Weight _____

Risk calculators

You can use an online tool to predict your risk of heart disease and stroke in the next 10 years. You need to know your blood pressure and cholesterol levels to use these tools.

<http://www.reynoldsriskscore.org>

The Reynolds Risk Score is designed for people who are healthy and do not have diabetes.

<http://www.cvriskcalculator.com>

The AHA/ACC cardiovascular risk calculator is designed for people who have not had a heart attack or stroke.

3. REDUCE your risk

Talk to your primary care provider or cardiologist about your risk factors for heart disease and ways to reduce those risks. You may need to make lifestyle changes and/or take medications.

Cleveland Clinic's **Preventive Cardiology & Rehabilitation team** treats patients with cardiovascular disease and those who have a high risk of developing it. Your healthcare team will work with you to create a plan to reduce YOUR risk factors and keep heart disease from getting worse. Your plan may include nutrition, exercise, stress testing, risk-reduction programs and/or a rehabilitation program, depending on your needs.

For an appointment, call 216.444.9353 or 800.223.2273, ext. 49353.

This information is not intended to replace the medical advice of your doctor or healthcare provider. Please consult your healthcare provider for advice about a specific medical condition.



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