




# LOVE YOUR HEART: LOWERING THE RISK FOR HEART DISEASE


Cardiovascular or “Heart” disease is a range of conditions that can affect your heart. Hormones play a necessary role in maintaining healthy cardiovascular function. Heart disease symptoms can be different for both men and women and is easier treat when detected early. Talk to your healthcare provider about ways to keep your heart healthy.


## UNDERSTANDING

 **CARDIOMETABOLIC RISK** is a person's chances of damaging their heart and blood vessels when one or more risk factor is present. Obesity, high levels of cholesterol, high blood pressure, and insulin resistance can put you at risk.


 **DYSLIPIDEMIA** is having an abnormal level of cholesterol and fats (lipids) in the blood. Fats are important, but too much of it can increase the chance of having a heart attack or heart disease. Women with PCOS are at a higher risk for dyslipidemia.


 **HYPERLIPIDEMIA** means that there are high levels of fats in the blood. These fats include cholesterol and triglycerides, which are needed for our bodies to function. But if they are too high, these fats can increase the risk for heart disease and stroke.


 **HYPERTENSION (HIGH BLOOD PRESSURE)** is the leading cause of heart disease. Hypertension greatly raises your risk of having a heart attack, stroke, or kidney failure. Many people with hypertension may not have any symptoms and is often known as “the silent killer.”


 **TRIGLYCERIDES**, a type of fat in the blood, are an important source of energy. After you eat the body converts the calories that you don't need into triglycerides and stores them in the fat cells to be used for energy later. When triglyceride levels are too high (a condition known as hypertriglyceridemia), it can increase the risk for pancreatitis, heart disease, and other serious health problems.


## PREVENTION

 **CARDIOMETABOLIC RISK** can be prevented. Exercise is a cornerstone in prevention and improving your risk factors. Aerobic exercises like walking, swimming, running and even dancing can reduce inflammation related to chronic diseases.

 **LIFESTYLE** changes can prevent dyslipidemia! Establishing a well-balance diet low in saturated fats and cholesterol and including fruits, vegetables, fish, and healthy fats found in foods like avocados can prevent lipid abnormalities . Talk to your health care provider to find the perfect diet for you!

 Exercise, improving your diet, and weight loss can prevent the onset of hyperlipidemia. But **MEDICATION** can also help. The type and dose will depend on your blood fat levels, if you have heart disease, diabetes, or other risk factors for heart disease. Speak to your healthcare provider to learn more.

 **HEALTHY HABITS** such as reducing your sodium intake, consuming less alcohol, eating potassium rich foods and exercise can reduce blood pressure. Lowering your stress levels can also keep blood pressure normal. Try mind-body activities such as yoga to lower your blood pressure and possible delay the need for drug interventions.

 According to the CDC about 25% of adults have elevated levels of triglycerides. You can naturally reduce these levels by eating foods low in saturated fats, limiting your sugar intake, and following a low-carb diet. Diet and lifestyle factors have a major influence on your heart and a few small changes can improve your **OVERALL HEALTH**.

## Patients have questions. We have answers.

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