

## 5 Easy Ways to Prevent Heart Attacks and Strokes

1

### Keep Your Weight Down

People who are overweight and obese have a much higher risk for heart attack and strokes than those who have less body fat and are in better physical condition.



2

### Lower Your Cholesterol

High levels of LDL (bad) cholesterol lead to the build up of *plaque* in the arteries, decreasing blood flow and eventually causing heart attacks or strokes. To decrease your risk of heart attack or stroke, remember the motto “lower is better” and keep in mind the following guidelines for LDL cholesterol levels:

- High Risk Patients = 70 mg/dL
- Medium Risk Patients/Diabetics = 100 mg/dL
- Low Risk Patients = 130 mg/dL

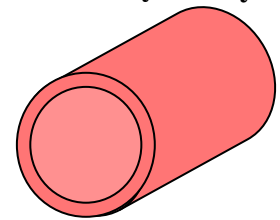
### Maintaining Healthy Cholesterol Levels

Your LDL cholesterol levels can be maintained at safe levels through healthy eating habits, exercise, and with the assistance of medications called statins.

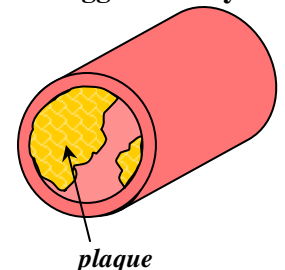
<u>Brand Name Statins</u>	<u>Generic Names</u>
<i>Advicor</i>	<i>Lovastatin/Niacin</i>
<i>Altacor</i>	<i>Lovastatin</i>
<i>Crestor</i>	<i>Rosuvastatin</i>
<i>Lescol, Lescol XL</i>	<i>Fluvastatin</i>
<i>Lipitor</i>	<i>Atorvastatin</i>
<i>Niaspan</i>	<i>Extended-Release Niacin</i>
<i>Zocor</i>	<i>Simvastatin</i>

<u>Other Helpful Meds.</u>	<u>Generic Names</u>
<i>Pravachol</i>	<i>Pravastatin Sodium</i>
<i>Tricor</i>	<i>Fenofibrate</i>
<i>Vytorin</i>	<i>Simvastatin and Ezetimibe</i>
<i>Welchol</i>	<i>Colesevelam Hydrochloride</i>
<i>Zetia</i>	<i>Ezetimibe</i>

Healthy Artery



Clogged Artery



According to research results, statins are extremely effective. The main worry with these drugs is that they may cause a breakdown of muscle tissue (a condition known as myositis) and resulting in kidney impairment. Risk of liver inflammation is very small. You should see your doctor promptly if you are on these kinds of medications and experiencing sore muscles.

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### Maintain a Healthy CRP

CRP, known as C-Reactive Protein, is a protein responsible for inflammation, specifically in the body's vascular system. High levels of CRP indicate inflammation of the arteries, meaning a person is at risk for a heart attack or stroke. Some researchers argue that high levels of CRP are a better indicator than high LDL cholesterol levels. As with LDL cholesterol levels, however, it is good to remember that *lower is better*. CRP levels can be easily measured through a simple blood test and the following guidelines should be kept in mind:

- Average Patients = 1-3 mg/L
- High Risk Patients = 1.0 mg/L or Lower



### Control Your Diabetes

Diabetic patients are at higher risk for cardiovascular disease and strokes.

#### Blood-Sugar Levels

The recommended blood-sugar levels for diabetics are from 100-125.

#### A1C Scores

A1C scores are a percentage-based measurement of blood-glucose levels over a time period of three months. The American Diabetes Association recommends a target score of 6.5 for diabetics. A drop of only 1% in your A1C score decreases your risk of a heart attack by 18%. Once again, *lower is better*.



The two targets can be reached through a healthy diet, exercise, and a combination of 1-5 different types of medicines. Such medicines include short and long-acting insulin drugs, drugs that secrete insulin, medications to boost insulin effectiveness, and other pills to decrease the amount of sugar released by the liver into the blood.



### Regulate Your Blood Pressure

Chronic high blood pressure also puts you at risk for heart attacks and strokes. The ideal blood pressure is 120/75. You can also regulate your blood pressure using a combination of different medications. Some of these medicines are **ACE-Receptor Blockers/Inhibitors** like *Altace* and *Benecar*, **Beta Blockers** like *Coreg* and *Toprol*, **Diuretics** like *Lasix* or *HCTZ*, **Calcium-Channel Blockers** like *Norvasc*, *Lotrel*, and *Plendil*, and other drugs such as *Catapres* and *Nitroglycerine*.

You can even regulate your blood pressure without medicines by eating a healthy diet, exercising, and making adjustments in your lifestyle as needed. Bioimpedance technology, also known as hemodynamic monitoring, can help doctors create the best mix of the categories above. The average patient with high blood pressure (nationwide) takes three medications.

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