



MLK Community Healthcare

HEART DISEASE AND HIGH BLOOD PRESSURE WHAT YOU SHOULD KNOW

Knowing your health numbers, like blood pressure, is important. They indicate if your heart is working too hard and if you are at risk of conditions like diabetes. If you know your risks, you can take steps to reduce them through medications or healthy diet and exercise.

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WANT TO KNOW YOUR NUMBERS?

BLOOD PRESSURE

High blood pressure, or hypertension, happens when your blood pushes against the walls of your blood vessels too much. This force damages blood vessels and, if not managed, can lead to a heart attack or stroke.

Blood Pressure Category	Systolic (Top number)		Diastolic (Bottom number)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High Blood Pressure	130 and higher	or	80 or higher

CHOLESTROL

Cholesterol is a type of fat called a lipid. Having too much cholesterol in your blood can increase your risk of heart disease. If you are over the age of 20, you should get your cholesterol levels checked at least once every five years.

Blood Pressure Category	Systolic (Top number)
Normal	Less than 200
Elevated	200-239
High Blood Pressure	Above 240

CONTROL BLOOD PRESSURE AND CHOLESTROL

- Talk to your doctor about healthier food options
- Discuss your health journey with your doctor
- Consider pressure and cholesterol medications if necessary

MANAGE DIABETES

- Monitor blood sugar levels closely
- Ask your doctor about diabetes treatment options

CHANGE SMOKING HABITS

- Utilize tools like nicotine patches and other medications to quit smoking

GET MORE EXERCISE

- Engage in enjoyable physical activities
- Gradually increase physical activity each week

HEART-HEALTHY CHOICES MAKE A DIFFERENCE

Making healthy choices helps you lower heart disease risk. It's tough to change, but small daily or weekly changes build lifelong habits.



MANAGE WEIGHT

- Maintain a healthy weight through regular exercise and a heart-healthy diet
- Consult your doctor for guidance on weight management



EAT WELL

- Choose more vegetables, fruits, and whole grains
- Limit consumption of sweets, red meat, and fried foods



SLEEP MORE

- Aim for 7 to 9 hours of sleep per night



DRINK LESS ALCOHOL

- Reduce alcohol intake to improve heart health

HEART EMERGENCY? WHAT YOU CAN DO.

Heart Attack

What is it? A circulation (blood flow) problem. It happens when a blockage in your artery, one of your blood vessels, keeps blood from reaching your heart.

- Symptoms**
- Shortness of breath
 - Pain or pressure in your chest, back, jaw or other parts of your upper body
 - Cold sweat, nausea or vomiting

What to do A heart attack is an emergency. Call 911, even if you're not sure it's a heart attack.

Cardiac Arrest

A problem with your heart's electrical signals. This happens when the heart rhythm becomes out of sync. The heart can't pump blood normally and soon stops beating altogether. Rarely, it can happen after a hard hit to the chest.

- Gaspings and stopping breathing
- Passing out
- Becoming unresponsive

If someone is having cardiac arrest, every second counts. First, call 911. Then start CPR: Push hard and fast in the center of the chest. If an automated external defibrillator (AED) is available, use it as soon as possible.

HEALTHCARE FOR YOUR HEART

Want to show your heart some love? You don't have to do it alone. Your doctors are your partners in health. Schedule an appointment today with one of our MLKCH heart doctors: 424-529-6755