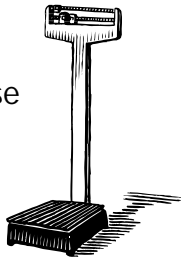


Make an appointment with one of our primary care physicians (PCP) to discuss your cardiac risk factors.



Have a discussion with your PCP to determine if you should have a consultation with one of our board certified cardiologists.

Maintain a good weight. Being overweight can increase your total cholesterol and triglyceride levels and help keep your protective cholesterol (HDL) at a low level. Losing just 5 to 10 percent of your weight can improve your cholesterol profile.



Get moving. All aerobic exercise helps improve cholesterol and triglyceride levels in both men and women. After checking with your doctor aim for 30 minutes of moderate exercise five times a week.

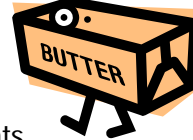


High blood pressure is a major risk factor for heart disease. Monitor it regularly, reduce salt intake and beware of hidden salt in prepared foods.

Eat plenty of fresh fruit, vegetables and whole grains such as bulgar, brown rice and whole grain products.



Avoid foods high in saturated fats from meat and higher fat dairy products. Also avoid trans fats (commercially produced shortenings made from hardened vegetable oils)



Revise your full fasting lipid panel with your physician. Know optimal, borderline and dangerous levels.

Try to increase your intake of foods rich in Omega 3 fatty acids that help decrease inflammation in the arteries surrounding your heart. Wild Salmon, walnuts and pistachios are just a few.



History, know your family is heart history. Look for patterns not only with immediate family members, but also with close relatives like Aunts, Uncles and Grandparents.



Eliminate smoking. Smoking is the number one preventable cause of heart disease. Quitting the habit at any age will lower your risk. Talk to your PCP about new therapies that are available.



Look at your waist size. A waist of more than 35 inches in women or more than 40 inches in men increases risk for heart disease and type 2 Diabetes.



Practice a healthy heart lifestyle by knowing your risk factors and getting the proper screening tests for early detection and prevention of heart disease.