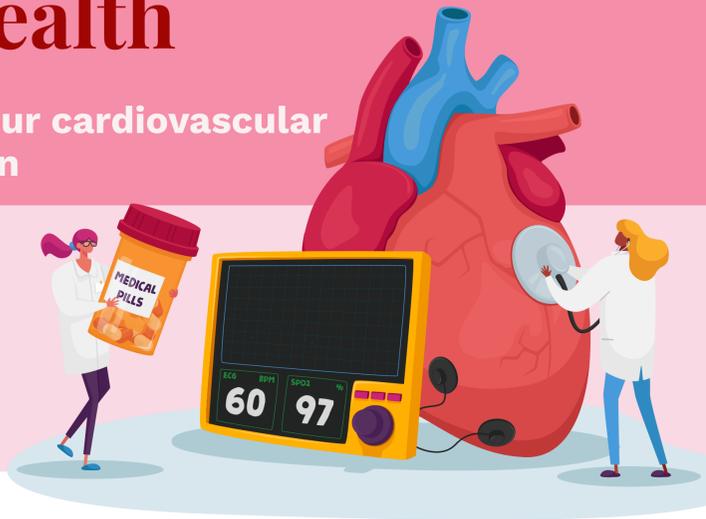


6 Numbers Every Woman Needs to Know to Understand Their Heart Health

Getting a clear picture of your cardiovascular risk can help you take action

! Heart disease is the **#1 killer of women** in the U.S.

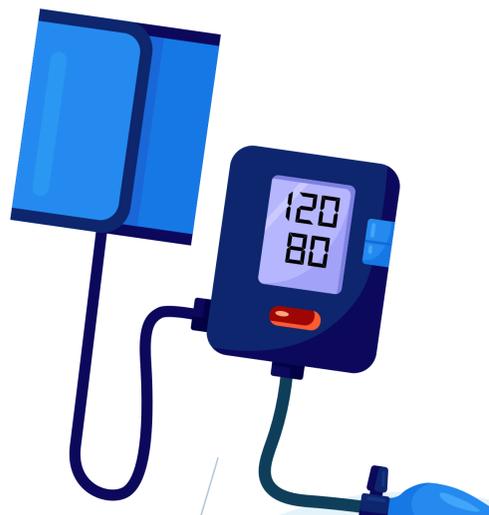


Here are 6 numbers that offer a good snapshot of your cardiovascular health.

1 Blood Pressure
How much force your blood must use to get through your arteries.

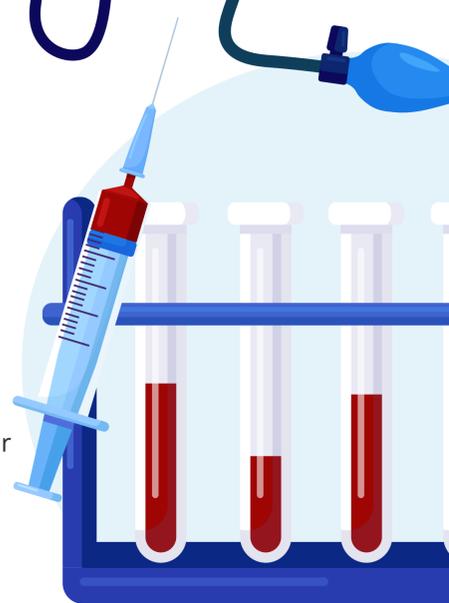
Top number (Systolic) – the pressure that your heart pumps against when it is sending blood out to the body.

Bottom number (Diastolic) – the pressure when your heart is relaxed.



2 LDL (“Bad” Cholesterol)
Low-density lipoprotein carries cholesterol through your blood.

3 HDL (“Good” Cholesterol)
High-density lipoprotein carries cholesterol to your liver, which then removes it from your body.



4 Triglycerides
A type of fat in the blood, often linked to high sugar intake, saturated fat, refined carbs and insulin resistance.

5 Total Cholesterol
The level of all types of lipids (fats) in your blood including LDL, HDL, triglycerides and more.

6 Lp(a)
Pronounced “L-P little a,” lipoprotein (a) is a genetic risk factor for heart disease and stroke.

Lp(a) isn’t a routine test, but all adults should have their levels checked at least once.



Strength in numbers

Ask your healthcare provider what your goal numbers should be. Numbers that are out of ideal range — either too high or too low — can increase your risk of serious health conditions, including:



Heart attack



Heart failure



Stroke



Atherosclerosis



Coronary artery disease



Peripheral artery disease

If you know you’re at risk, you can take action.

You can’t change risk factors like your age or genetics, but you can take important steps to lower your cardiovascular risk.



Be physically active



Eat a healthy diet



Maintain a healthy weight



Quit smoking/
tobacco use



Limit alcohol use



Get enough sleep



Take medication as prescribed to lower risk factors



Ask for a full lipid panel



Ask your healthcare provider for a full lipid panel to better understand your cardiovascular health.