

HIGH BLOOD PRESSURE

MY AVERAGE RESTING BLOOD PRESSURE _____

How does high blood pressure affect my heart?

High blood pressure makes your heart work harder, damages your blood vessels, and can also cause greater plaque buildup. All these factors eventually lead to heart damage. Controlling your blood pressure can reduce the progression of your heart disease and may reduce your risk of having a stroke.

What can I do to control my blood pressure?

- Follow a heart healthy nutrition plan
- Achieve and maintain a healthy body weight
- Be active every day and follow a physical activity plan
- Practice stress management techniques that work for you
- Take your medications as prescribed

Of the choices above, what are the first steps you are willing to take over the next few days?

Rate your confidence – How much do you believe you can do this. Circle your answer.

Not at all 0 1 2 3 4 5 6 7 8 9 10 Extremely confident

HIGH BLOOD CHOLESTEROL

My LDL _____ date _____

My HDL _____ date _____

How does Cholesterol affect my heart?

Cholesterol is a fat-like substance that is produced mostly in your liver, although some of the cholesterol in your blood comes from the foods you eat.

The most important types of cholesterol in your blood are:

- Low-density lipoprotein cholesterol or LDL
- High-density lipoprotein cholesterol or HDL

L is for “Lousy”

- LDL cholesterol carries fats to your body organs to be stored away for future use
- It causes a build-up of cholesterol(plaque) on the walls of the arteries in your heart
- High levels of LDL can damage artery walls
- Eating heart healthy and maintaining a healthy weight can lower your LDL

H is for “Healthy”

- HDL cholesterol is good because it carries excess fats away from your body organs for elimination
- The more HDL you have in your blood, the better protected you are against the build-up of plaque in your arteries
- Regular exercise and quitting smoking can help increase HDL