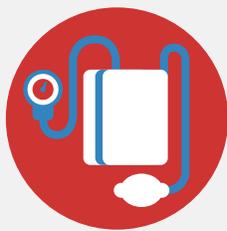


PREVENTIVE CARE

HEART DISEASE AND STROKE: UNDERSTAND YOUR RISK

Heart disease is the leading cause of death in the United States, causing 1 in 4—or just over 600,000—deaths each year. Stroke is the fifth leading cause of death. Both are more likely to occur if you have specific risk factors, detailed below.

3 KEY RISK FACTORS



1. HIGH BLOOD PRESSURE

Blood pressure is the force it takes for blood to travel away from your heart, through your arteries, and to other organs. It is measured by two numbers:

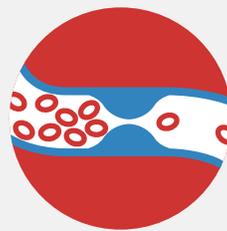
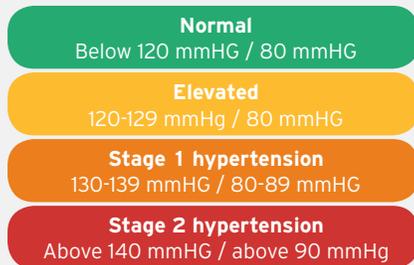
SYSTOLIC BLOOD PRESSURE

is the top number, which represents the pressure generated when your heart beats.

DIASTOLIC BLOOD PRESSURE

is the bottom number, which represents the pressure in your blood vessels when your heart rests between beats.

BLOOD PRESSURE GUIDELINES



2. HIGH CHOLESTEROL

Cholesterol is a waxy, fat-like substance that is made in your liver and travels throughout your blood stream on what are known as lipoproteins. There are two types:



LOW-DENSITY LIPOPROTEINS (LDL) = "BAD" CHOLESTEROL

"Bad" cholesterol creates fatty buildups on the walls of your blood vessels that can make it difficult for blood to travel to and from your heart.

Optimal: less than 100 mg/dL



HIGH-DENSITY LIPOPROTEINS (HDL) = "GOOD" CHOLESTEROL

"Good" cholesterol removes LDL cholesterol away from blood vessels and back toward the liver, where it is broken down and removed from the body.

Optimal: greater than 50 mg/dL

HOW TO MEASURE CHOLESTEROL

A lipid panel is blood test that measures LDL, HDL and **triglycerides**, which are the free-floating fats in your blood stream.

Optimal: less than 150 mg/dL



3. SMOKING

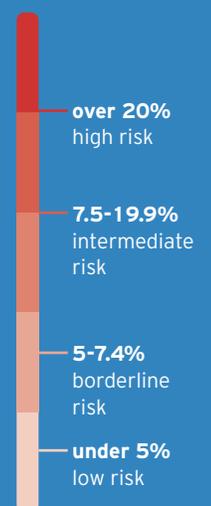
Anyone who currently smokes cigarettes should speak to their primary care physician and discuss the best way to quit.

ADDITIONAL RISK FACTORS

- Diabetes
- Obesity
- Poor diet
- Physical inactivity
- Excessive alcohol use

CALCULATE YOUR RISK

Your cardiologist or primary care physician can assess your 10-year risk of having a heart attack or stroke by calculating your Atherosclerotic Cardiovascular Disease (ASCVD) risk score.



Online risk

calculator:
tools.acc.org/ASCVD-Risk-Estimator-Plus

UCLA HEALTH CARDIOLOGY LOCATIONS

- When in doubt, reach out to your primary care physician or cardiologist.
- Beverly Hills
 - Burbank
 - Downtown L.A.
 - Encino
 - Porter Ranch
 - Santa Clarita
 - Santa Monica
 - Simi Valley
 - Thousand Oaks
 - Torrance
 - Ventura
 - Westwood