

HERE ARE THE ITEMS TO COVER WITH YOUR HEALTHCARE PROVIDER



- ♥ DISCUSS YOUR PERSONAL AND FAMILY MEDICAL HISTORY.
- ♥ TALK TO YOUR PROVIDER IF YOU HAVE A HISTORY OF OR CURRENT PREGNANCY COMPLICATIONS THAT INCREASE HEART DISEASE RISK.
- ♥ TELL YOUR PROVIDER IF YOU HAVE ANY HEART DISEASE SYMPTOMS.
- ♥ DISCUSS YOUR DIET, SMOKING AND EXERCISE HABITS.
- ♥ IF YOU HAVE HEART DISEASE, GET SCREENED FOR DEPRESSION.
- ♥ TAKE BLOOD WORK TO MEASURE YOUR CHOLESTEROL, TRIGLYCERIDES AND SUGAR LEVELS.
- ♥ TAKE BLOOD PRESSURE, BODY MASS INDEX AND WAIST CIRCUMFERENCE.
- ♥ CALCULATE YOUR 10-YEAR AND LIFETIME RISK OF HEART DISEASE.

If you have autoimmune diseases like lupus and rheumatoid arthritis, experienced early onset menopause or have migraines with aura, let your provider know. Research suggests that these factors further increase heart disease risk for women.

These steps are based on the American Heart Association and American College of Cardiology screening guidelines.

MEASURE	YOUR NUMBERS	TARGET NUMBERS FOR WOMEN
TOTAL CHOLESTEROL:		< 200 MG/DL
LDL "BAD" CHOLESTEROL:		OPTIMAL <100 MG/DL
HDL "GOOD" CHOLESTEROL:		>50 MG/DL
TRIGLYCERIDES:		<150 MG/DL
BLOOD PRESSURE:		OPTIMAL <120/80 MM HG NORMAL <140/90 MM HG
FASTING GLUCOSE:		<99 MG/DL
BMI:		18.5 – 24.9 KG/M ²
WAIST:		<32 INCHES
EXERCISE:		30 MINUTES MOST DAYS