

KNOW YOUR RISK!

Take this self-test to find out if you are at risk for heart disease.

The following things can put you at risk for heart disease.
Check all your risk factors that apply and follow up with your doctor:

- | | |
|---|-----------------------------------|
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> High cholesterol | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Chronic kidney disease | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Family history (father or brother with heart disease before age 55 or mother or sister with heart disease before age 65) | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Cigarette smoking | |
| <input type="checkbox"/> Age (older than 45 for men, over 55 for women) | |
| <input type="checkbox"/> Being overweight | |
| <input type="checkbox"/> Lack of physical activity | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Unhealthy diet | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Depression, stress, mental health conditions | <input type="checkbox"/> Not sure |

STEPS TO Prevent Heart Disease At All Ages



HEALTHY LIFESTYLE AND PHYSICAL ACTIVITY RESOURCES

Community Wellness Center at Zuckerberg
San Francisco General Hospital (ZSFG)
(415) 206-4995

American Heart Association
<http://heart.org/healthyliving>

For FREE physical activities, go to
<http://sfrecpark.org/recreation-community-services/rec-programs/>

Heart disease is a serious health problem. Family history and habits can make you more likely to develop heart disease.

Most people do not know that they might be at risk for heart disease, even though it is the number one killer of Americans. Nearly 44% of African American men and 48% of African American women have some form of heart disease, which includes heart attack and stroke.

The good news is that you can take steps now to lower your risk of heart disease. Lowering your blood pressure, blood sugar, and cholesterol can decrease your chances of a heart attack and stroke. Heart healthy changes are good for your whole body. **Turn the page for ideas!**

Write the name and phone of your healthcare provider here:



POPULATION HEALTH DIVISION
SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH
COMMUNITY HEALTH EQUITY & PROMOTION

San Francisco Health Network
SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH

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Sources: 1) National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services. 2) Mozaffarian D, Benjamin EJ, Go AS, et al. Heart Disease and Stroke Statistics—2015 update: A report from the American Heart Association. *Circulation*. 2015; 131(4):e29-322. | August 2016



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Take the **self-test** on the back of this booklet to find out if you are at risk for heart disease.



THINGS YOU CAN DO TO IMPROVE YOUR BLOOD PRESSURE

If you already have high blood pressure, take your medications as agreed upon with your doctor. **Check all your goals that apply:**

- 1. How can I reach and maintain a healthy weight?**
 - Set a healthy weight goal for yourself.
 - Drink water. Try to avoid soda and juice with added sugars.
 - Eat smaller portions. Eat healthy foods and snacks.
- 2. How can I get a least 30 minutes of physical activity each day?**
 - Walk with family, friends, or neighbors.
 - Take the stairs instead of elevator.
 - Make time to exercise in addition to your usual activity.
- 3. How can I eat less salt and saturated fat?**
 - Minimize pre-prepared and processed food.
 - Cook and prepare your own food as often as you can.
 - Use herbs and spices while cooking and less salt.
 - Try to avoid frying food.
- 4. How can I eat heart healthy foods every day?**
 - Eat more fresh fruits, vegetables, and whole grains.
 - Buy fresh, frozen, or no-salt-added canned vegetables and sauces.
- 5. How can I reduce stress in my life?**
 - Try deep breathing. It can help you relax and lower your stress level.
 - Think about the positive aspects of your life.
 - Talk to friends and family.
- 6. How can I limit alcohol and enjoy living smoke-free?**
 - Talk to your doctor about cutting back or quitting.
 - Try to avoid places or situations that may trigger you to drink or smoke.
- 7. How do these goals affect my blood pressure numbers?**
 - Check your blood pressure at home, as agreed upon with your doctor.
 - Pay attention to the influence that physical activity, diet, and stress have on your blood pressure.



CHECKING YOUR BLOOD PRESSURE AT HOME

My blood pressure goal (If you don't know, ask your doctor):

My heart healthy goal for this month is:

KNOW YOUR RISK!

High blood pressure is called the “silent killer”. It can have no warning signs or symptoms and leads to heart attack and stroke.

HEART ATTACK SYMPTOMS

- Crushing or squeezing chest pain
- Back, neck, or left arm pain
- Weakness
- Shortness of breath
- Sick to the stomach or stomach pain

STROKE SYMPTOMS

- Face drooping or numbness
- Arm or leg weakness or numbness
- Trouble talking
- Confusion
- Balance problems
- Severe headache

IF YOU FEEL ANY OF THESE SYMPTOMS, CALL 911 IMMEDIATELY