

Make YOUR  
Heart Healthy!



## Are YOU At Risk?

Florida Heart Research Institute offers a **FREE** Cardiovascular Risk Factor Screening to state residents and organizations.

### Our **ONSITE** screening includes:

- ♥ Blood pressure
- ♥ EKG
- ♥ Fasting blood analysis including cholesterol and triglyceride levels, glucose, Homocysteine, fibrinogen, and C-Reactive protein—all state-of-the-art markers for heart disease
- ♥ Educational information and one-on-one counseling about your risk factors

### Our **OFFSITE** screening includes:

- ♥ Blood pressure
- ♥ Body Mass Index
- ♥ Finger stick to test blood for total cholesterol, HDL and glucose levels
- ♥ Educational information and review of your test results
- ♥ Educational lectures available upon request

**By appointment only:**  
**(305) 674-3181**



**Florida Heart  
Research Institute**

The Florida Heart Research Institute has been an international leader in cardiovascular research and education for over 60 years, employing a unique blend of scientific and clinical research in studying the causes, effects and prevention of coronary heart disease.

FHRI is an independent non-profit organization that relies heavily on tax-deductible, corporate and individual donations to fund its educational and research programs. For more information on FHRI research, prevention and educational programs, view our web site at [www.floridaheart.org](http://www.floridaheart.org) or call (305) 674-3020.

## THIS TAG SAVES LIVES!



The **Stop Heart Disease** license plate funds Florida programs in heart disease:

- ♥ Research ♥ Education ♥ Prevention

Plates may be purchased through your local tax collector's office or online at [www.heartplate.org](http://www.heartplate.org).

### Florida Heart Research Institute

4770 Biscayne Blvd., Suite 500  
Miami, FL 33137

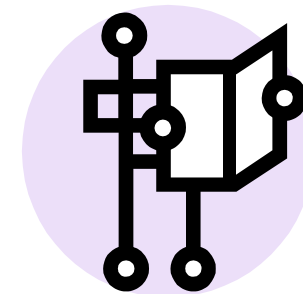
[contact@floridaheart.org](mailto:contact@floridaheart.org)

An independent, not-for-profit organization.



**Florida Heart  
Research Institute**

## How to Make YOUR Heart Healthy!



### Today's Research Is Tomorrow's Cure

Telephone: (305) 674-3020 or  
(866) HRT-TAGS toll free

Web Site: [www.floridaheart.org](http://www.floridaheart.org) or  
[www.heartplate.org](http://www.heartplate.org)

## Heart Disease The # 1 Killer!

Heart disease is the leading cause of death and disability in the United States. Having heart disease, however, is not a death sentence. With early detection, heart disease can be halted, reduced, and may even be reversed if proper corrective steps are taken. Learn how to **Make Your Heart Healthy!**

### Know the Risk Factors:

Understanding what puts you at risk for heart disease and how you can modify or reduce your risk may save your life!

- ♥ **Family History**—of heart attacks in either or both of your parents or other close relatives, especially at young ages, increases the risk that you may have a heart attack. It is extremely important that you maintain a healthy lifestyle and do whatever you can to prevent heart disease.
- ♥ **Age**—increases the risk of heart disease as the body gets older. Risk becomes greater at ages 45 for men and 55 for women (after menopause).
- ♥ **Smoking**—nearly doubles your risk of a heart attack. The nicotine in tobacco makes the blood vessels narrow causing the heart to work harder. Smoking is the most preventable risk factor for heart disease.
- ♥ **Obesity**—substantially increases your risk of a heart attack, hypertension, and diabetes. The heart must pump harder in obese people. Your ideal weight is based upon your sex and height—see our website for more info.



- ♥ **Diabetes**—occurs when the body can't process glucose, or sugar. Over time, all the blood vessels in the body can be damaged, increasing risk. A low calorie, low sugar diet, careful weight control and exercise may control diabetes in some—others may require medicine.
- ♥ **Blood Pressure**—measures the force of the blood against the artery walls. If the pressure is too high (hypertension), it weakens the blood vessels and strains the heart. You cannot “feel” high blood pressure and should have your blood pressure checked regularly. A healthy diet that is low in salt, moderate alcohol use and regular exercise may keep blood pressure in check, however, blood pressure lowering medication may be necessary.
- ♥ **Cholesterol**—in the blood is normal, but too much can build to form a paste that lines the blood vessels. This thickening of the arteries blocks the blood supply to vital organs and makes the heart have to work harder— it can cause a heart attack or stroke. High cholesterol can be inherited but can also be diet-related. Regular exercise and if necessary, medicine, can help to lower cholesterol levels.
- ♥ **Inactivity**—can double the risk for heart disease and also contributes to high blood pressure, high cholesterol, and obesity. Regular exercise improves blood circulation and heart efficiency and improves survival of a heart attack.

### MAKE YOUR HEART HEALTHY!

Many of the risk factors for heart disease, such as family history, cannot be influenced, but there are ways to minimize your risk:

- ♥ **Eat a Heart Healthy Diet**—that is low in salt but high in fiber. Avoid foods high in saturated fats such as milk products, red meats, and spreads. Total sodium intake should be under 2,400 mg a day. Cook your foods without salt and use olive oil rather than butter. Eat protein-rich legumes, whole grains, fruits and vegetables. Avoid foods with a high glycemic index such as refined sugars, cakes and candies.
- ♥ **Exercise and Maintain a Healthy Weight**—to lower your cholesterol and your blood pressure. Exercising helps to increase your HDL, the “healthy” cholesterol, and reduce your total cholesterol. A good rule of thumb is to strive for 30 minutes of exercise a day, and, for those who are able to, at least 6 minutes of cardiac exercise a day. Whenever possible, take the stairs rather than the elevator or walk to the market rather than drive.
- ♥ **Reduce Stress**—through relaxation techniques and a positive attitude. Stress causes your heart to have to work harder. Learn what techniques work best for you and then employ them daily.
- ♥ **Stop Smoking**—by identifying when you most like to smoke and then changing your daily habits to avoid those times. Substitute healthier habits such as chewing gum, going for walks, or munching on a carrot stick. Avoid contact with other smokers!
- ♥ **Limit Alcohol**—to no more than 2 drinks (or 1 ounce of alcohol) per day. Heavy alcohol use can raise your blood pressure.
- ♥ **Take Your Medication**—if prescribed by your doctor. Medication to reduce your blood pressure or cholesterol may save your life!