



Make YOUR
Heart Healthy!



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 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.

Florida Heart Research Institute

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Miami, FL 33137

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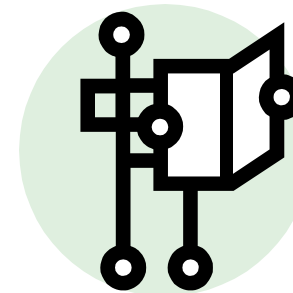
An independent, not-for-profit organization.



Florida Heart
Research Institute



**Heart Disease...
Are YOU At Risk?**



Today's Research Is Tomorrow's Cure

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

Web Site: www.floridaheart.org or
www.heartplate.org

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



Heart Disease The # 1 Killer!

Heart disease is the leading cause of death and disability in the United States. It claims the lives of more than 2,600 Americans every day—an average of 1 death every 33 seconds. 50% of men and 63% of women who die of sudden cardiac death experience no previous symptoms of heart disease.

Heart Attack— Learn the Warning Signs:

The symptoms of a heart attack are different with everyone and may include any combination of the following:

- ♥ **Chest Pain or Discomfort**—can be painful or feel more like pressure, squeezing or fullness.
- ♥ **Discomfort Elsewhere**—may be in one or both arms, shoulder, jaw, neck or abdomen.
- ♥ **Shortness of Breath**—can appear on its own or in tandem with other symptoms.
- ♥ **Other Symptoms**—nausea, dizziness, cold sweat.

When you, or someone you are with, experiences ANY of these symptoms or is unresponsive, **CALL 9-1-1 IMMEDIATELY!** Don't wait to see if symptoms subside. Every second counts.



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).
- ♥ **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 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.
- ♥ **Diabetes**—occurs when the body can't process glucose, or sugar. Over time, all the blood vessels in the body can be damaged, increasing your 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.
- ♥ **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.
- ♥ **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.

Health Targets

- ♥ Systolic Blood Pressure < 120 mm Hg
- ♥ Diastolic Blood Pressure < 80 mm Hg
- ♥ Total Cholesterol < 200 mg/dL
- ♥ LDL (Bad) Cholesterol < 130 mg/dL
- ♥ HDL (Good) Cholesterol > 40 mg/dL
- ♥ Cholesterol Ratio (Total / HDL) < 4.1
- ♥ Body Mass Index < 25
- ♥ Fasting Glucose < 110 mg/dL
- ♥ Fasting Triglycerides < 150 mg/dL