Optimizing Heart Health

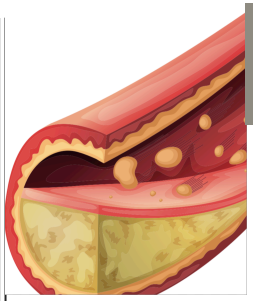
Take Control of Your Heart!

Diet

The **Mediterranean** & **DASH** diets are the best for your heart**:** fruits and vegetables, nuts, whole grains, fats from olive oil and fish, and less red meat and salt.

Alcohol Intake

No alcohol improves health and sleep. < 7 units of alcohol per week decreases risk of heart disease and stroke, and < 2 units per week decreases risk of cancer. **Less alcohol is better.**



Cholesterol Goal

Target **LDL ≤ 1 – 1.8 mmol/L** for those at high risk or with heart disease (or non-HDL ≤ 2.4 mmol/L, ApoB ≤ 0.7 g/L). If you don't know your risk, ask your doctor.

Exercise

Aim for at least **150 minutes** per week of **moderate**-intensity physical activity (slightly short of breath) or **75 minutes** per week of **vigorous**-intensity physical activity (very short of breath).

Waistline Goal

Women < 88 cm / 35 inches.
Men < 102 cm / 40 inches.
For Asian ethnicities, target: < 80 cm for women, < 90 cm for men.

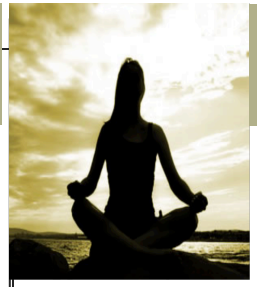
Blood Pressure

< 120/80 for high-risk patients
< 130/80 for most patients
< 140/90 for low-risk patients
< 150/90 for frail patients

Ask your doctor for your ideal target.

Quit Smoking

Lower risk of heart attack begins soon after stopping. For those with heart disease, 46% reduced death. By 18 -36 months, risk of another heart attack is that of a never smoker. **Free smoking cessation** tools at quitnow.ca



Reduce Stress

Stress and depression can impact the heart. Try **coping techniques** such as exercise, meditation, baths, or music, or talk to your doctor.

Glucose Goal

Hemoglobin A1c ≤ 6.5 - 7% is ideal for most people. For some patients, hemoglobin A1c 7 - 8% may be more appropriate. Ask your doctor for your target.

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