

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

Unhealthy Cholesterol Levels

Cholesterol is a fatty substance in your blood. It can build up inside your arteries and block the blood flow to your heart or brain. Your risk of heart disease goes up if you don't have enough HDL cholesterol ("good" cholesterol that clears the bad cholesterol away). You're also at risk if you have high levels of LDL ("bad") cholesterol or triglycerides (another substance that can build up).

Smoking

This is the most important risk factor you can change. Smoking damages your arteries. It reduces blood flow to your heart and brain. It greatly increases your risk of heart disease, stroke, lung disease, and cancer. If you keep smoking after a heart attack, you can double your risk of a second heart attack.

High Blood Pressure

High blood pressure occurs when blood pushes too hard against artery walls as it passes through the arteries. This damages the artery lining. High blood pressure raises your risk of heart attack and especially stroke.

Negative Emotions

Stress, pent-up anger, and other negative emotions have been linked to heart disease.

Metabolic Syndrome

This is caused by a combination of certain risk factors. It puts you at extra high risk of heart disease, stroke, and diabetes. You have metabolic syndrome if you have three or more of the following: low HDL cholesterol; high triglycerides; high blood pressure; high blood sugar; extra weight around the waist.

Diabetes

Diabetes occurs when you have high levels of sugar (glucose) in your blood. This can damage arteries if not kept under control. Having diabetes also makes you more likely to have a silent heart attack—one without any symptoms.

Excess Weight

Excess weight makes other risk factors, such as diabetes, more likely. Excess weight around the waist or stomach increases your heart disease risk the most.

Lack of Physical Activity

When you're not active, you're more likely to develop diabetes, high blood pressure, abnormal cholesterol levels, and excess weight.

Warning Signs of a Heart Attack

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea, or lightheadedness
- **Note for women:** Like men, women most commonly have chest pain or discomfort as a heart attack symptom. But women are somewhat more likely than men to have some of the other common symptoms, particularly shortness of breath, nausea, and vomiting, back pain, or jaw pain.

Publication Source: Kenchaiah S, Medical Clinics of North America, 88(5), Risk factors for heart failure, Sep 1, 2004, pp 1145-72

Online Source: American Heart Association

http://www.americanheart.org/presenter.jhtml?identifier=3053#Heart_Attack

Online Source: HeartInfo.org <http://www.heartinfo.org/ms/guides/9/main.html>

IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your current health condition.
 For ALL emergencies requiring IMMEDIATE medical attention, call 911.