Things Latinos Need to Know About Heart Disease

A Close the Gap Informational Pamphlet

Close the Gap is a Boston Scientific Corporation solution-oriented initiative aimed to achieve health equity in cardiovascular disease

Cardiovascular Disease Is The #1 Killer of Latinos in the US

Cardiovascular disease (CVD) is a term that is commonly used interchangeably with heart disease, stroke and peripheral artery disease. CVD describes the narrowing of blood vessels in the body with the plaque.

Plaque located in the blood vessels can lead to fatal heart attacks, heart failure, chest pain and stroke.

Other conditions that affect the heart’s muscle or valves are also considered heart disease.

Plaque develops slowly over many years

Heart Disease and Stroke

Heart Disease

28%

23%

All Cannons

6%

Chronic Lung Disease

5%

Accidents

4%

Alzheimer's

Lower Your Risk

Total Cholesterol

Less than 180 mg/dL

Diabetes

Blood sugar less than 100
Puts you at the same risk as someone who has already had a heart attack.

LDL “Bad”

Less than 160 mg/dL

Body Mass Index

Greater than 18.5 but less than 25

HDL “Good”

Women: > 50 mg/dL
Men: > 40 mg/dL

Waist Circumference

Women: Less than 35 inches
Men: Less than 45 inches

Triglycerides

Less than 150 mg/dL

Exercise

30 mins of aerobic activity 5 times a week. Muscle strengthening 2 times a week

Blood Pressure

Less than 120/80

Diet and Nutrition

With the help of your doctor, help determine your daily calorie intake

Family History

Having a direct family member with history of CVD increases risk

Tobacco and Alcohol

Stop smoking and reduce exposure to secondhand smoke.
Women: one drink or less a day.
Men: 2 drinks or less

Diabetes & Obesity

3/4 women and men over 20 are overweight or obese

Diabetes affects about 1 of 8 Latinos in the United States
If You Have These Symptoms
Seek Help Immediately

Left chest, arm, jaw or stomach pain/pressure
Tiredness or shortness of breath with activity or at rest
Unexplained lightheadedness and palpitations
Facial droop, loss of function of arm or leg, inability to speak or understand

If You Have These Symptoms
Talk to Your Doctor

Shortness of breath at rest
Leg pain while walking
Fluttering, palpitations
Heart murmurs
Multiple heart disease risk factors

What You Can Do To Prevent CVD

- **Tobacco**
  - DON'T SMOKE OR CHEW
  - Many treatments are available to quit tobacco
  - Talk to your doctor about quitting
  - Try to avoid secondhand smoke

- **Diabetes**
  - Keep your blood sugar normal (100mg/dl)
  - Keep your blood pressure normal (120/80)
  - See a dietitian
  - Protect your feet from harm - make regular podiatry appointments

- **Be Active**
  - Take simple steps to stay active
  - Go for a short 30 minute walk once a day
  - Use the stairs
  - Be more active when performing daily activities
  - Maintain a healthy weight

- **Eat Healthy**
  - Eat a heart-healthy diet
  - Eat more vegetables
  - Eat lean protein: fish, eggs, white meat
  - Avoid fried and processed foods
  - Eat less salt
  - Avoid sugar in foods and drinks

Cardiovascular disease can be controlled with lifestyle, medication and treatment

References
3. American Heart Association, Heart Disease and Stroke Statistics. 2017 Update

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