



**The better you
love your heart . . .
The longer it can
love you back.**

FREE HEART HEALTH GUIDE



Touching hearts. Saving lives.

the
Heart2Heart
foundation

For most of us, the first clue that we have heart disease is when we have experienced a cardiac event, or worse.

Heart disease is the leading cause of death in both women and men. Studies have shown that, through early diagnosis, intervention and treatment, about half of the over 600,000 we lose to this preventable disease each year could have been saved.

Since the launch of our grassroots organization in November of 2012, we have shared our message of prevention and hope with thousands of adults and youth through our community and online outreach.

Our Signature Programs have been developed to help people learn their personal risk for heart disease and how to win the fight against our #1 killer!

OUR MISSION: *to inspire and enable women and their loved ones to take action that prevents heart attack, stroke and premature death.*

ABOUT US: *we are women and volunteer-led 501 (c)(3) organization committed to reducing the number of people dying prematurely from this largely preventable disease.*

The Heart2Heart Foundation
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TheHeart2HeartFoundation.org
EIN# 46-1239466



A multi-generational family of six people is smiling and posing in a field of tall, dry grass. From left to right: a man in a dark jacket and plaid shirt, a young girl in a red beanie and grey jacket, a woman in a brown jacket and grey beanie holding the girl, an older man in a dark jacket and white shirt, a young boy in a striped shirt and colorful scarf, and an older woman with white hair in a grey turtleneck. The background shows a hazy mountain range under a bright sky.

**Heart health is
a family affair!**

Apply these basic tips for you & your whole family!

What you *put into* your body and *do for* your body is the first step toward better heart health.

Here are 5 easy steps to get you started at any age:

1

Choose fruits, vegetables, lean meats, whole grains and prefer water. Limit salt, added sugar, processed, packaged and fast foods. Limit added sugar to 6 teaspoons (24g) for women & children or 9 teaspoons (36g) for men, per day.



2

Exercise for at least 30 minutes a day, 5 days a week. Just a 15-minute walk after eating can help stabilize blood sugar. If you haven't exercised in a while, talk to your doctor before you begin a new exercise program.



3

Stress and lack of sleep have been linked to obesity, high blood pressure, heart attack, diabetes and depression.



4

Based on your biometric results, talk your doctor about consuming alcohol.

5

Don't smoke or get help quitting! You also need to avoid second-hand smoke.



**Find more free resources at
TheHeart2HeartFoundation.org**

Start with the Basics

Knowing your numbers will help you learn your personal risk for heart disease. While there are risk factors that we can't change - like family history, gender, age, or race - about 80% of heart disease *can be prevented or managed!*

How do your numbers measure up?

BLOOD PRESSURE	WAIST CIRCUMFERENCE	FASTING GLUCOSE	NON-FASTING GLUCOSE
<120/80	Male <40 Female <35	50-99	50-119

TOTAL CHOLESTEROL	HDL GOOD CHOLESTEROL	LDL BAD CHOLESTEROL	TRIGLYCERIDES
100-199	Male >40 Women >50	<100	45-149

Questions to ask your doctor:

- What is my risk for heart disease?
- Do I have high blood pressure?
- What do my cholesterol numbers mean?
- Am I at risk for pre-diabetes?
- What exercise programs are okay for me?
- What eating plan should I be following?
- What other screenings should I consider?



Take the Next Step

Based on your basic heart health assessment, you may want to talk to your doctor about additional screenings that can help diagnosis heart disease at its earliest stages.

Early diagnosis and intervention saves lives!

ADVANCE LIPID PROFILE	C-REACTIVE PROTEIN
Unlike the basic cholesterol check, this advance screening measures your LDL (bad cholesterol) number and size, which can be a stronger indicator of potential heart attack or stroke.	This screening measures the inflammation in your body that, left undetected and untreated, can lead to heart disease. The hs-CRP can be ordered with your cholesterol screening.
LIPOPROTEIN (A)	CORONARY ARTERY CALCIUM SCORE
This screening checks a genetic form of cholesterol that is found in about 20% of those tested. Studies show that if this number is high, the risk for heart attack and stroke are greater.	This quick, non-invasive screening is one of the best ways to diagnosis heart disease at its earliest stages. Typically, it is not covered by insurance and costs around \$100.
ECG OR EKG	VASCULAR SCREENING
If you are at least 40 years of age and have never had a baseline ECG or EKG, ask your doctor about this test. Anyone experiencing symptoms should contact his/her doctor immediately and not wait for a screening.	If you have a family history of heart attack or stroke, are a smoker, or have diabetes, talk to your doctor about a check of your carotid arteries, abdominal aorta, and legs.

Information in this brochure is for educational purposes only. It is not intended as medical advise or as a substitute for medical care. Please consult with your health care provider regarding recommendations for diet, exercising and testing.

Our Signature Programs

REACHING WOMEN

The real truth is, even today, less than 50% of women understand that heart disease is her greatest health threat. For women of color, that number is even lower. Through our #RedHeartMamas program, we continue to increase awareness, educate and help more women learn how to win this fight!



REACHING FAMILIES

They say that “heart disease begins in childhood.” We believe that heart HEALTH can begin in childhood! Through our community outreach programs, like our Back2School Block Party, we provide free resources to help at-risk families learn how to make healthy choices *for life!*

REACHING HEROES

It’s sad that among our community heroes there are such high incidents of heart attack, stroke and premature death. We partnered with the Singhi Charitable Foundation to create the *Frontline Heroes Wellness Fund* to provide direct access to advance cardiovascular screenings for eligible first responders, emergency services personnel, educators and nurses.



What You Should Know



RISK FACTORS

High blood pressure
High blood cholesterol
Diabetes
Smoking
Being overweight
Being physically inactive
Stress, anxiety or depression
Having a family history of early heart disease
Age (45 or older for men; 55 or older for women)

GET SCREENED

WARNING SIGNS

shortness of breath
arm, back or jaw pain
chest pressure
dizziness or lightheadedness
inability to sleep
sweating
chest discomfort
nausea and vomiting
stomach or upper body pain
unexplained fatigue

GET MEDICAL HELP

Note: Women do not always experience chest discomfort.

If you experience any of these symptoms for more than 5 minutes and are unsure of the cause, **CALL 9-1-1!**