

ACTIVITY LEVEL

Physical activity can be a lifesaver – literally. To dramatically lower your risk of heart disease and stroke, you should accumulate at least 150 minutes of moderate-to-vigorous-intensity physical activity each week. Activity can be in bouts as short as 10 minutes and should be spread out throughout the week.

► Find out more at heartandstroke.ca

TYPE	WHAT IS IT?	YOUR LEVEL/TYPE	YOUR TARGET
Activity Level	Minutes per week you are active and type of activity		

SMOKING

Smoking contributes to the buildup of plaque in your arteries, increases the risk of blood clots, reduces the oxygen in your blood, increases your blood pressure and makes your heart work harder.

Do you smoke?

YES

NO

► Find out more at heartandstroke.ca

ASK YOUR DOCTOR

- What is my risk for heart disease and stroke?
- What other screening or diagnostic tests for heart disease or stroke do I need? Do I need an electrocardiogram or stress test?
- What can you do to help me quit smoking and manage my cravings?
- What is a heart-healthy eating plan for me? Should I see a registered dietitian or a qualified nutritionist to learn more?
- How can I tell if I am having a heart attack or a stroke?
- How often should I return for check-ups?

Developed by Dr. Mike Evans in association with the Heart and Stroke Foundation

For more of Dr. Mike's favourite health information resources go to myfavouritemedicine.com



KNOW YOUR NUMBERS

You can't control your family history, age, gender or ethnicity. But, you can do something about other factors that could increase your risk of heart disease or stroke. Use this worksheet to discuss with your doctor what your numbers are and what your targets should be for cholesterol, blood pressure, blood sugar level, waist circumference and physical activity level.

Are you at risk? Find out at heartandstroke.ca/risk

CHOLESTEROL

Cholesterol and triglycerides are types of fat in your blood. High levels of low-density lipoprotein (LDL) in the blood promote the build-up of plaque in the artery walls. High-density lipoprotein (HDL) helps carry LDL cholesterol away from the artery walls. High triglycerides are associated with excess weight, excess alcohol consumption and diabetes.

► Find out more at heartandstroke.ca

TYPE	WHAT IS IT?	YOUR READING	YOUR TARGET
TC : HDL	Your total cholesterol (TC) level divided by your HDL		
HDL Cholesterol	Your good cholesterol A high reading is good		
LDL Cholesterol	Your bad cholesterol A high reading is bad		
Triglycerides	Often measured at the same time as cholesterol. Can be genetic. High readings often monitored.		

BLOOD PRESSURE

Blood pressure involves two measurements: systolic and diastolic. An optimal blood pressure is below 120/80. When your pressure is too high it makes your heart work harder. Go to heartandstroke.ca for more information.

TYPE	WHAT IS IT?	YOUR READING	YOUR TARGET
Systolic	Higher number represents the pressure when the heart is contracting		
Diastolic	Lower number represents the pressure when the heart is relaxed between beats		

► To track your blood pressure online, try out the heartandstroke.ca/BP etool.

BLOOD SUGAR

The two most common ways to measure blood sugar levels are: Fasting Blood Sugar (FBS) and A1C tests.

FASTING BLOOD SUGAR: *a blood test completed after an eight hour fast*

NORMAL Fasting Blood Sugar or Glucose	PRE-DIABETES*	DIABETES* Needs to be Confirmed
4 to 6	6.1 to 6.9	7+

*If your reading is in this range, your healthcare provider may repeat this test or perform another test to confirm diagnosis.

A1C: *a blood test that measures your last three months of sugar control*

A1C can be expressed as a percentage or as a number. Canadian guidelines suggest a normal range is up to 6.0% (0.06). Higher than normal A1C readings may indicate diabetes. Generally, individuals with diagnosed diabetes will have an A1C target below 7%.

WAIST CIRCUMFERENCE

Where you carry your weight is just as important as how much weight you carry when it comes to your health. Too much fat stored around your middle increases your risk of heart disease or stroke. If your waistline measurement is within 8 cm/3 in. of, or greater than, the cutoff according to your ethnicity and gender, you are at increased risk.

ETHNICITY*	MALE	FEMALE
European/Caucasian, Sub-Saharan Africans, Eastern Mediterranean and Middle Eastern	102 cm (40 in.)	88 cm (35 in.)
South Asian, Malaysian, Asian, Chinese, Japanese, Ethnic South and Central Americans	90 cm (35 in.)	80 cm (32 in.)

*Waist circumference measurement does not apply to pregnant or nursing women, people under the age of 18 or over the age of 65. Persons of ethnicities not listed here should speak to their healthcare provider.

► You can measure this yourself. Find out how at heartandstroke.ca

TYPE	YOUR READING	YOUR TARGET
Waist Measurement		