

Taking Care of Your Heart

At The Medical Center, we want you to take care of your heart. Being heart healthy begins by talking with your doctor and using this card to write down important information about your numbers and risk factors. We are here with the medical expertise, educational classes, and support you need to help you achieve heart healthy goals.

Lahey Cardiology at The Medical Center

Southern New Hampshire Health System includes the largest network of health care providers in the area. Through Lahey Cardiology at The Medical Center, our board-certified cardiologists provide even more specialized care. To learn more about our cardiology services, call 603-577-2039 or visit us on the web at www.snhmc.org.

Heart Health Connection

The Medical Center's *Heart Health Connection* is a set of nutrition, exercise, and smoking cessation classes specially designed to give you the information and motivation you need to live a heart healthy lifestyle. By eating right, exercising, and quitting smoking, you can significantly reduce your risk for heart disease. To enroll in one of our *Heart Health Connection* classes, call HEALTHMATCH at 577-CALL (2255) or visit www.snhmc.org, Programs and Education.

LAHEY CARDIOLOGY
AT THE MEDICAL CENTER



Southern New Hampshire
Medical Center

A HIGHER LEVEL OF CARE.

www.snhmc.org

Questions to Ask Your Doctor

Cholesterol

What are my cholesterol numbers and how do they affect my health?

_____ **Total Cholesterol (TC)**

Goal: Less than 200 mg/dL is desirable

Less than 160 mg/dL if you have multiple risk factors

_____ **HDL (High Density Lipoprotein)** “Good Cholesterol”

Goal: Greater than 40 mg/dL for men and 50 mg/dL for women is desirable

_____ **LDL (Low Density Lipoprotein)** “Bad Cholesterol”

Goal: Less than 100 mg/dL is optimal

Less than 70 mg/dL if you have multiple risk factors

_____ **Triglycerides**

Goal: Less than 150 mg/dL is normal

Blood Pressure

How can I reach and maintain a healthy number?

_____ **Blood Pressure**

Goal: 120/80 or less is optimal

Obesity

What is Body Mass Index (BMI) and what range is healthy for me?

(For a chart showing your risk for heart disease based on BMI, visit www.snhmc.org.)

BMI _____ Goal: _____

Smoking

How does smoking affect my heart health? What resources do you have to help me quit?

Physical Activity

How much physical activity should I engage in daily? Weekly?

Goal:

Family History

Does my family history put me at increased risk for heart disease and stroke?