



## Five Ways to Prevent a Heart Attack

While most people have heard this advice, only 3 percent of the population follows it

***“Researchers have found that 82 percent of all heart attacks could have been prevented by living a healthier lifestyle,”*** says Marna Greenberg, D.O., emergency physician at Lehigh Valley Hospital and Health Network. ***“Only a small percentage of heart attacks are caused by heredity.”***

You can decrease your risk by:

- Not smoking
- Keeping your BMI (body mass index, or ratio of height to weight) below 25
- Getting more than 30 minutes of exercise each day
- Eating more fruits, veggies and complex carbohydrates (whole grains, etc.), and less meat, sugar, and saturated and trans fats
- If you drink alcohol, consuming it in moderation (less than two small drinks per day for men and one for women)

It’s also important to know how great your risk is for a heart attack. Here are the numbers you and your doctor should keep track of:

**Total cholesterol**—Should be below 200

**LDL (bad) cholesterol**—Should be below 100

**HDL (good) cholesterol**—Should be 40 or higher for men, 50 or higher for women

**Triglycerides**—Should be below 150

**Fasting blood sugar**—Should be under 100

**Blood pressure**—Goal should be 120/80

**Waist measurement**—Should be under 35 inches for women and under 40 inches for men

If you have risk factors for heart disease, such as diabetes or a family history of heart attacks, your doctor may advise more aggressive targets.



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