

MY HEART HEALTH CARD

Use this card to record the results of your tests.
 Discuss the results with your physician.
 Take action to keep your heart healthy.

Name: _____

Note: ♥ = Normal Values

Weight	Date				
	Result				
Body Mass Index (BMI) ♥ 18.5 to 24.9	Date				
	Result				
Waist Measurement ♥ Men: 40" (102 cm) or less ♥ Women: 35" (88 cm) or less	Date				
	Result				
Blood Pressure ♥ Less than 120/80 mmHg	Date				
	Result				
Ejection Fraction (EF) ♥ Greater than 50%	Date				
	Result				

Tests to measure "fats" in the blood

Total Cholesterol ♥ Less than 200 mg/dL (ideal)	Date				
	Result				
LDL ♥ Less than 100 mg/dL (ideal)	Date				
	Result				
HDL ♥ Men 40 mg/dL or more ♥ Women 60 mg/dL or more	Date				
	Result				
Triglycerides ♥ Less than 150 mg/dL	Date				
	Result				






Tests to check sugar in the blood for diabetes

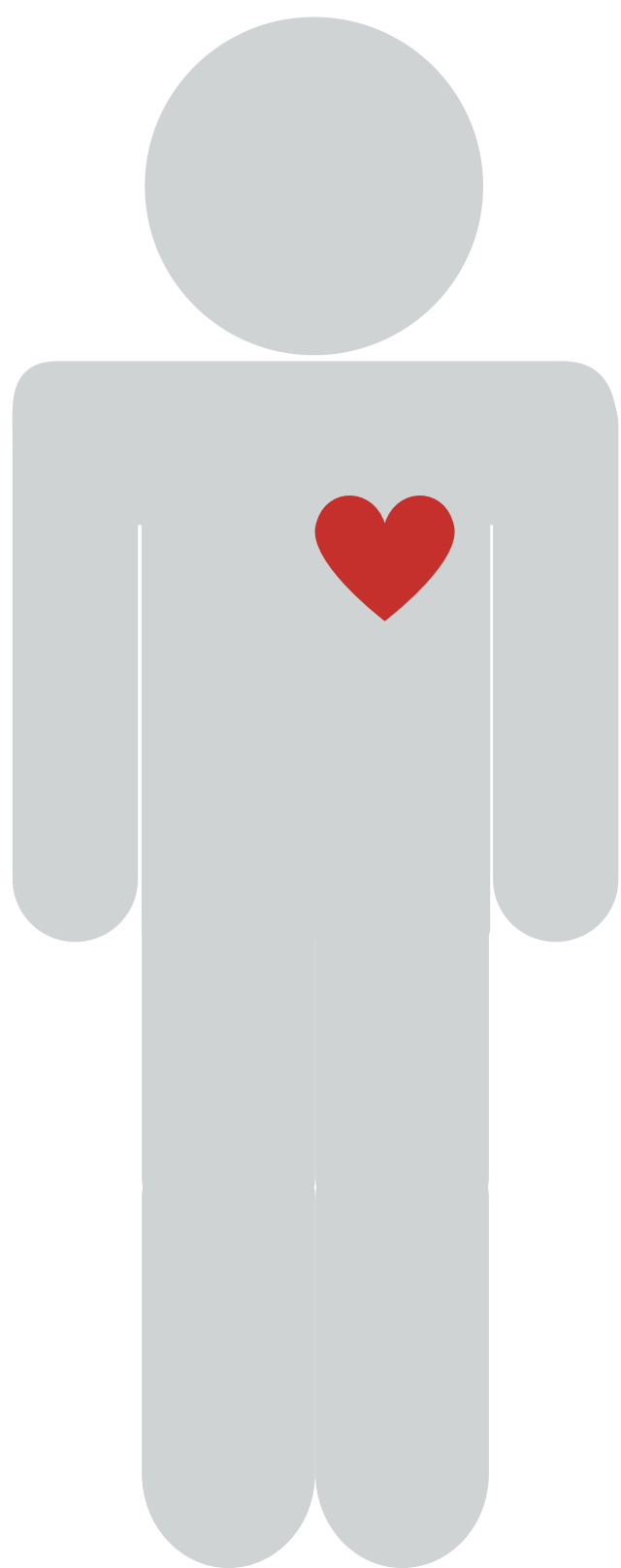
Fasting Blood Glucose ♥ Less than 100 mg/dL	Date				
	Result				
A1C ♥ Less than 7%	Date				
	Result				
Other Tests	Date				
	Result				

Listen to your heart. Know your health.
 Visit theheartspeaks.org



HEART ATTACK WARNING SIGNS

-  Pain or Discomfort in the Chest
-  Lightheadedness, Nausea, or Vomitting
-  Jaw, Neck or Back Pain
-  Shortness of Breath
-  Discomfort or Pain in Arm or Shoulder



SPOT A STROKE F.A.S.T.

-  Face Drooping
-  Arm Weakness
-  Speech Difficulty
-  Time to Call 9-1-1

LISTEN TO YOUR HEART 

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