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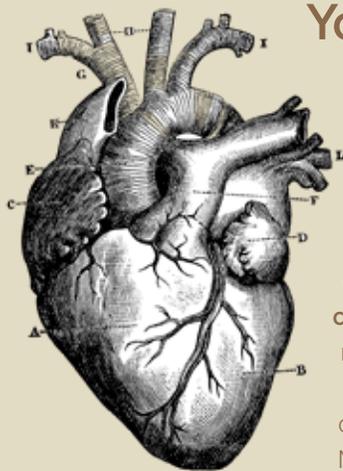
## BE STRONG-HEARTED

Heart disease is the leading cause of death in the United States. It claims more lives than all forms of cancer combined. The good news: It's largely preventable and controllable, but you need to live a heart healthy lifestyle. Need some help? Talk to your primary care doctor.

### MAKE SURE YOUR DOCTOR KNOWS IF YOU:

- Smoke or have previously smoked.
- Have a family history of cardiovascular disease, such as stroke or heart attack.
- Have a sedentary lifestyle.
- Are currently being treated for type 1 or type 2 diabetes, chronic pulmonary disease (emphysema chronic asthma, chronic bronchitis), an autoimmune disease (lupus, Sjögren's syndrome, rheumatoid arthritis), high blood pressure or high cholesterol.
- Have a stressful professional or personal life.
- Struggle to get enough sleep.
- Drink more than two alcoholic beverages per day for men and one alcohol beverage a day for women.

# Heart Disease Discussion Guide



## You Need to Know This

**Did you know half of people who have a heart attack have normal cholesterol?** Inflammation testing can help identify if you're at risk.

**The size and density of your LDL or "bad" cholesterol particles is more important than your cholesterol number.** Small, dense particles are much more dangerous than large, fluffy particles. Ask your doctor about getting your cholesterol particle size checked. Many MDVIP-affiliated physicians use the NMR test.

**Bad cholesterol cements itself into the lining of the blood vessel to form plaque.** If this plaque becomes inflamed, it can rupture and cause a heart attack or stroke. MDVIP-affiliated physicians use inflammation markers like hsCRP and Myeloperoxidase (MPO) to identify if plaque is at risk of rupturing. That way they can intervene and hopefully prevent an event.

**You can learn your potential risk for a heart attack or stroke.** Using a few simple blood tests, your doctor can assess your own individual cardiovascular risk. Many MDVIP-affiliated physicians offer testing like the MPO test, a marker that measures the body's response damaged lining of the blood vessels and the Lp-PLA2 Activity test, a marker that measures the active buildup of cholesterol inside arteries in addition to cholesterol numbers. Do you know your risk?



### 7 QUESTIONS TO ASK YOUR DOCTOR

- Am I at risk for heart disease?
- How do I prevent it?
- How should I be exercising? How long should I work out per session and at what intensity?
- What is considered a heart-healthy diet? What type of foods should I eat or avoid?
- Can you help me stop smoking?
- Can you help me manage any related conditions?
- Can you help me reduce my stress?

Learn more at [MDVIP.com/BeStrongHearted](https://www.mdvip.com/BeStrongHearted)