

### 3 MEDICAL SCREENINGS TO PROTECT YOUR HEART



What should it be?  
Less than  
120/80 mmHg.



What should it be?  
**HDL** (good cholesterol)  
levels above 40 and  
**LDL** (bad cholesterol)  
levels below 100.



What should it be?  
Less than 140 mg/dL  
two hours after  
eating & less than  
100 mg/dL after fasting.

### 5 WAYS TO IMPROVE YOUR HEART HEALTH

**1** Reach for variety  
of fruits &  
vegetables.



**2** Choose  
whole  
grains.

**3** Cut down  
on sodium.



**4** Limit alcohol  
intake.

**5** Be sure to get  
plenty of  
physical activity.



### HEART DISEASE BY THE NUMBERS

**20%**

Percentage of  
heart attacks  
that are silent.

**20.1**

**MILLION**  
Adults aged 20  
& older with coronary  
heart disease.

**#1**

Leading cause of  
death for men &  
women in the  
U.S.

**647**

**THOUSAND**  
Number of  
Americans who die  
from heart disease  
each year.

**80%**

Percentage of  
preventable cases  
of heart disease  
& stroke.



Helping to ensure healthy hearts across SWLA  
Funds raised will benefit the Foundation  
at Lake Charles Memorial Hospital's Heart Fund.

[lcmh.com/HeartiGras](http://lcmh.com/HeartiGras)



Lake Charles  
Memorial Hospital  
The Foundation

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