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 that 140 mg/dL two hours after eating & less than 100 mg/dL after fasting.

5 WAYS TO IMPROVE YOUR

HEART HEALTH









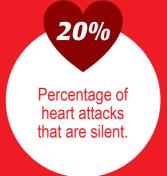




Be sure to get plenty of physical activity.



HEART DISEASEBY THE NUMBERS



MILLION
Adults aged 20
& older with coronary
heart disease.



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.

Icmh.com/HeartiGras





3 MEDICAL SCREENINGS TO PROTECT YOUR HEART





5 WAYS TO IMPROVE YOUR HEART HEALTH





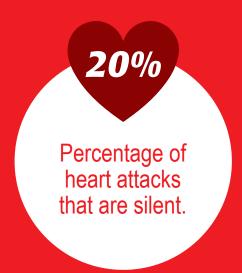


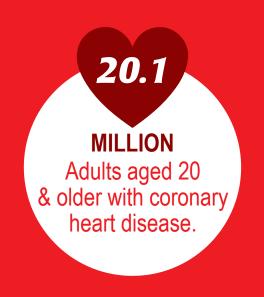




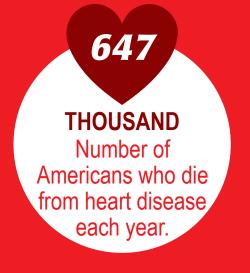


HEART DISEASEBY THE NUMBERS













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5 WAYS TO IMPROVE YOUR **HEART HEALTH**







Choose whole grains.







Be sure to get plenty of physical activity.



HEART DISEASEBY 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

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