Keep the Chorus Singing!

Let’s keep our hearts in harmony, through healthy living!

April marks the 4th month since you began your journey to healthy living as a team.

We hope that you have remained motivated and continue to encourage each other to keep your hearts strong and in harmony!

At our last meeting, we discussed the signs and symptoms of a heart attack and factors that can increase your risk for Heart Disease.

We continue to encourage you to keep track of your numbers; blood pressure, cholesterol, weight and waist size. Doing so is key to good health.

In addition to knowing your numbers, scheduling an appointment with your medical provider for a general exam is important as well.

If you find yourself unsure of how to incorporate healthy habits into your current lifestyle, feel free to ask us!

We are always glad to help and remind you that we are in this together with you!

The Green Light to Heart Health

<table>
<thead>
<tr>
<th>Color Guide</th>
<th>Blood Pressure</th>
<th>Total Cholesterol</th>
<th>Fasting Blood Sugar</th>
<th>BMI</th>
<th>Waist Size</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="emoji" alt="Green Heart" /></td>
<td>Less than 120/80mm Hg</td>
<td>Less than 200 mg/dL</td>
<td>Less than 99 mg/dL</td>
<td>18-24.9 Normal</td>
<td>Less than 35 inches for women Less than 40 inches for men</td>
</tr>
<tr>
<td><img src="emoji" alt="Yellow Heart" /></td>
<td>120/80-139/89mm Hg (Pre-Hypertension)</td>
<td>200-239 mg/dL</td>
<td>100-125 mg/dL (Pre-Diabetes)</td>
<td>25-29.9 Overweight</td>
<td>Greater than 35 inches for women Greater than 40 inches for men</td>
</tr>
<tr>
<td><img src="emoji" alt="Red Heart" /></td>
<td>140/90mm Hg or higher (Hypertension)</td>
<td>240 mg/dL</td>
<td>126 mg/dL or higher (Diabetes)</td>
<td>30 or higher Obese</td>
<td>Greater than 35 inches for women Greater than 40 inches for men</td>
</tr>
</tbody>
</table>

“We are in this together! For the sake of our health, rather than our vanity!”

Use the guide below to help you understand your numbers!
Metaoblic Syndrome

Metabolic Syndrome is a cluster of risk factors that increase your chances of getting heart disease and other health problems, like diabetes and stroke. You must have at least 3 of the following criteria to diagnose the metabolic syndrome:

- Abdominal obesity—waist size larger than 40 inches for men and waist size larger than 35 inches for women
- High Blood Pressure—greater than 130/85 mm Hg
- Serum Cholesterol—triglycerides greater than 150 mg/dL
- Serum Cholesterol—HDL less than 40 mg/dL in men or less than 50 mg/dL in women
- Fasting blood sugar greater than 100 mg/dL

The good news? These are all modifiable risk factors and with the help of your medical provider you can take control!

Take Control: Modify your risk factors!

Many people become worried when they learn they have 3, if not all, of the components of Metabolic Syndrome.

Although it is something to be vigilant about, all of the Metabolic Syndrome risk factors are modifiable.

Good nutrition and daily exercise are important factors in a healthy lifestyle and are actually the best way to reduce your risk factors and possibly, eliminate Metabolic Syndrome.

Understanding how to eat healthy, what to eat, and what kind of exercise is best, can be very overwhelming.

Follow these basic guidelines for an easy transition!:

Substitute vegetables for your normal plate of rice or pasta; add them to soups, make a salad or eat them as a side dish with dinner, instead of bread.

Bake, broil, or grill anything that you normally fry. It’s easier to cook and your kitchen will be easier to clean!

To satisfy sweet cravings, eat fresh fruit with your breakfast or as a snack.

Do some kind of physical activity; at least 30 minutes a day. You don’t need a gym membership or fancy equipment!

Take a walk around your neighborhood.

Walk up and down the stairs in your building.

Turn the radio on and dance.

Don’t have 30 minutes? Break it up in 10 minute increments throughout the day!

Not only will you feel stronger and more energized, your risk factors will also reduce!

“Keep the Chorus Singing” is a collaboration between Columbia University Medical Center and the New York Academy of Medicine (NYAM).

Contact us at (212) 305-6154 or NYAM (212) 419-3578.