Say Whaaat?!

November 29, 2007 By Nicole Joseph

The Wake Up Call Instead of acting on warning signs that their tickers were about to tick their last tock, many African-American heart attack survivors say it was actually dodging death that made them reevaluate their lifestyles, according to a recent survey. Even then, nearly a third of respondents didn't take every measure to prevent a second heart attack.

What You Can Do Quit smoking, get more active and eat less saturated fats and trans fats (found in red meats and junk and processed foods) and work with your doctor. To lower your odds of heart disease, the National Heart, Lung and Blood Institute recommends asking your doc:

- What is my risk for heart disease?
- What are my blood pressure, blood sugar, cholesterol, body mass index (BMI) and waist-measurement readings? What do these mean for me?
- Does my blood sugar level place me at risk for diabetes?
- How much physical activity do I need?
- What is a heart-healthy eating plan for me?
- How can I tell if I'm having a heart attack?

For more questions and heart-healthy tips, visit hearttruth.gov.

© 2026 Smart + Strong All Rights Reserved.
http://beta.docker.realhealthmag.com/article/heart-disease-risk-13575-4255