

# What's in your PLAYBOOK for Heart Health?

## Let Emory Healthcare keep you in the game.

Keep your heart healthy and strong by adding our expert physicians from the Emory Heart and Vascular Center to your health care team. Our heart services cover the entire continuum of care, from prevention and early detection to the latest in cardiovascular treatment. We'll work with you to develop an action plan specific to your needs. We're here to help make sure you're able to enjoy every minute of your favorite activities.

**Next-day cardiology appointments for new patients. 23 locations across Georgia.**



**Know the Stats:** Strive for a blood pressure of 120/80. Cholesterol should be below 200 mg/dL with LDL below 100 mg/dL and HDL at least 60 mg/dL. A healthy Body Mass Index (BMI) is between 22 and 27. If necessary, change your lifestyle, or talk with your physician about medications or strategies to keep your numbers at safe levels.

**Stay on Offense:** Preventive health is the most effective way to maintain heart health. Learn of family history that could be a red flag. Eat healthy. Get regular checkups. An Emory Healthcare physician can help you create a preventive health plan.

**Your Loss is Your Gain:** Carrying excess weight puts unhealthy pressure on your heart. Maintain a healthy weight, with a BMI between 22 and 27.

**Be a Starter Every Day:** Try to get at least 150 minutes of moderate exercise each week. Take the stairs, park further from the entrance, hold walking meetings! Exercise is great for

weight loss as well as heart health. Even a daily 10-minute walk will make a difference.

**The Opponent You Can't Beat:** Smoking isn't just bad for your lungs. It's very bad for your heart. Just don't do it. Your Emory Healthcare physician can provide resources to help you quit.

**Master the Art of Timeouts:** Stress can affect heart health. Actively strive to reduce stress in your life, and consider how you deal with those moments. Seek out methods, such as mind-body techniques, until you find one or more that works for you.

**You Make the Call:** To make an appointment, please call 404-727-1111 or visit [emoryhealthcare.org/heart](http://emoryhealthcare.org/heart) for more information.

**PLAYBOOK**  
FOR HEALTH

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HEALTHCARE

Official Team Healthcare Provider