



## MANAGE YOUR HEART DISEASE

Help manage your heart disease by monitoring your blood sugar, checking your cholesterol, and controlling your blood pressure.


FDA encourages diverse participation in clinical trials.


If you think a clinical trial may be right for you, talk to your health care provider.

You can also search for clinical trials in your area at [www.clinicaltrials.gov](http://www.clinicaltrials.gov).

### FOR MORE INFORMATION

 [www.fda.gov/healthequity](http://www.fda.gov/healthequity)

 [healthequity@fda.hhs.gov](mailto:healthequity@fda.hhs.gov)

 1-888-INFO-FDA  
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## MANAGING YOUR HEART DISEASE



FDA Office of Minority Health and Health Equity





## What is heart disease?

Heart disease refers to several conditions that affect the heart's structure and function. This includes conditions such as coronary heart disease, heart failure, and heart attack. Heart disease affects more than 1 in 10 adults in the United States. It is the leading cause of death, with someone dying from heart disease every 36 seconds.



## Manage your risk factors for heart disease

If you have heart disease, making sure that your risk factors don't get out of control is an important part of treatment. Work with your health care provider to figure out the best way to manage your diabetes, high cholesterol, high blood pressure, and weight, and to help you quit smoking.

**Monitor your blood sugar:** People with diabetes are twice as likely to have heart disease or a stroke. This is because high blood sugar can damage blood vessels and the nerves that control your heart. People with diabetes are also more likely to have high cholesterol and high blood pressure, which raise the risk for heart disease.



**Check your cholesterol:** LDL ("bad") cholesterol is a waxy, fat-like substance that can build up on the walls of arteries, decreasing blood flow to the heart and other parts of the body. High LDL cholesterol usually has no signs or symptoms. Your health care provider will check your cholesterol regularly with a simple blood test called a lipid profile.

**Control your blood pressure:** High blood pressure makes the heart and blood vessels work harder and less efficiently. It usually has no signs or symptoms, so have your blood pressure checked on a regular basis at your health care provider's office or at home with an FDA-approved home blood pressure monitor.



Heart disease can be treated with FDA-approved medications and medical devices such as pacemakers.

## SMOKING & HEART DISEASE

People who smoke are more likely to have heart disease and suffer from a heart attack. If you have heart disease, quitting smoking will lower your risk of atherosclerosis (blood vessel narrowing due to buildup in arteries), blood clots that can lead to heart attacks, and sudden death.

Quitting is a process—it may take many tries to permanently stop, but each attempt is one step closer to quitting for good.

