

SEE YOUR DOCTOR

Take Steps Toward Better Heart Health

Keep Your Numbers In Check

Factor	Goal	
Total Cholesterol	Less than 200 mg/dL	
LDL ("Bad") Cholesterol	LDL cholesterol goals vary.	
	Less than 100 mg/dL	Optimal
	130 to 159 mg/dL	Borderline High
	160 to 189 mg/dL	High
	190 mg/dL and above	Very High
HDL ("Good") Cholesterol	50 mg/dL or higher*	
Blood Pressure	Less than 120/80 mmHg	
Body Mass Index (BMI)	Less than 25 Kg/m ²	

*Talk to your healthcare provider about your individual goal for HDL.

(NAPSA)—You can help beat heart disease, the No. 1 killer of women, by taking small steps toward better heart health. Go Red for Women, a national movement created by the American Heart Association, educates women on ways to improve their heart health and live stronger, longer lives.

Take Action Against Heart Disease

Nearly half a million women die from cardiovascular diseases in the U.S. each year, but heart disease is largely preventable. By taking just a few small steps, you can receive big rewards:

Know Your Cholesterol Levels

Many women don't realize that high cholesterol is a major controllable risk factor for heart disease; knowing your cholesterol levels is an important first step toward taking charge of your heart health.

Other important numbers to keep track of are blood pressure and body mass index, used to estimate if a person is overweight according to their height.

Make Simple Life Changes

Making small and simple lifestyle changes such as managing

stress, becoming physically active and eating well can reduce your risk of heart disease. Right choices can reduce your risk of heart disease:

- Choose to move, not sit.
- Choose to eat baked, not fried.
- Choose to breathe, not smoke.

Have Annual Checkups With Your Doctor

An annual checkup with a primary care physician is an important part of being heart healthy. "Consider your doctor a partner in managing your health," says Dr. Allen Goldberg, executive director of scientific affairs at Merck & Co., Inc. "Patients should see their doctor on an annual basis in order to catch heart disease early."

Prior to seeing your doctor, visit www.GoRedForWomen.org and take the Go Red Heart Check-Up. Bring the results to your doctor as topics to help evaluate your overall heart health.

For more information about Go Red For Women, visit www.GoRedForWomen.org. Merck & Co., a leader in cardiovascular disease research, is a proud national sponsor of Go Red for Women.