

# Your Cardiovascular Disease (CVD) Results



The purpose of this leaflet is to help you to understand your results and consider your options. **Cardiovascular disease (CVD)** is a term that describes a number of diseases of the heart or blood vessels and is also known as heart and circulatory disease.

## Smoking:

Smoking increases the work the heart has to do and reduces the amount of oxygen in the blood. Giving up smoking can help protect your heart and improve your symptoms.

Smokers are almost twice as likely to have a heart attack compared with people who have never smoked. If you are a smoker stopping smoking has huge benefits and it is never too late to quit.

**You can get support to stop smoking from:**

Your general practice

Smoking cessation advisors

Support groups

Medication

## Blood Pressure (BP)

The lower your blood pressure the lower your risk of having a heart attack or stroke.

**Best levels:** You should aim for your blood pressure to be below 140/90, or below 130/80 if you have kidney problems.

$\frac{125}{75}$     $\frac{130}{75}$     $\frac{139}{80}$     $\frac{140}{90}$     $\frac{145}{90}$     $\frac{150}{85}$     $\frac{155}{90}$     $\frac{160}{90}$  or above

**You can help reduce your blood pressure by:**

Having less alcohol

Having less salt

Taking medication

Being more active

Eating fruit and veg

Losing weight

## Weight:

If you are overweight, you are more likely to develop cardiovascular disease than someone who is a healthy weight. If you are overweight, losing weight can help lower your blood pressure and improve your overall health.

Weight is measured as a **Body Mass Index (BMI)**. It compares your height to your weight and can be a way of predicting your risk of developing a heart attack or a stroke.

Healthy weight 19    $\xrightarrow{\hspace{10em}}$    25   30    $\xrightarrow{\hspace{10em}}$    Less healthy weight 35 and above

**You can help reduce your weight by:**

Having less alcohol

Eating fewer fatty foods

Attending support sessions

Being more active

Eating smaller portions

Taking medication

Having less sugar

## Cholesterol:

Cholesterol is a blood fat that can block blood vessels. If you have had a heart attack or stroke or have other types of vascular disease, you are advised to take statin tablets.

**Best levels: Non-HDL** Aim for 2.5 or less



**You can help reduce your cholesterol by:**

Taking medication

Eating smaller portions

Eating more fruit and veg

Eating less fat (especially saturated fat)

Losing weight / being more active

## Diabetes levels/HbA1c:

Diabetes is more common in people with heart disease. Glucose (sugar) travels around your body in your blood. A blood test called HbA1c measures the levels in your blood over the last 8-10 weeks.

A level above 42 would suggest you may develop diabetes in the future and over 48 that you may already have diabetes.

**You can help reduce your risk of developing diabetes by:**

Eating smaller portions of carbohydrates

Losing weight if you need to

Being more active

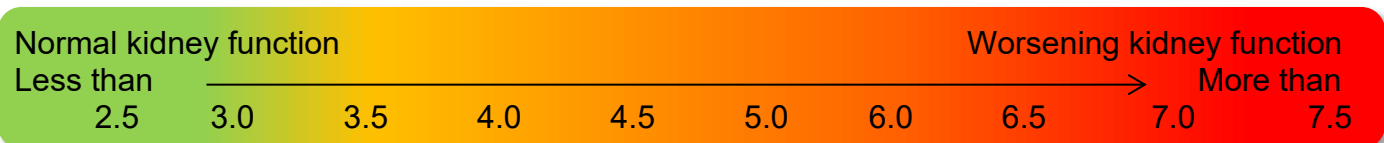
Eating a healthy diet

## Kidneys:

People with vascular diseases are at greater risk of developing kidney disease.

Your kidneys filter blood and make urine. High blood pressure can damage your kidneys. There are two tests completed at your annual check-up. The first is a urine test which checks for protein kidney leakage called an **ACR**, which stands for Albumin/Creatinine Ratio.

**ACR (urine sample):** Aim for under 3.0.



The other is a blood test which checks how your kidneys are filtering your blood (called an **eGFR**, which stands for estimated Glomerular Filtration Rate).

**eGFR (blood test):** The higher the number the better. Above 60 is best.



A urine test called an **ACR** (Albumin/Creatinine Ratio) checks for protein kidney leakage.

**You can help reduce your risk of developing kidney disease by:**

Reducing your BP

Taking medication

Not smoking