


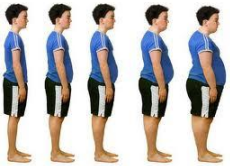




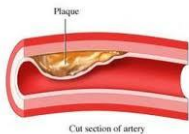


SUGAR LAND HEART CENTER

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D-WATCH

A Preventive Approach to a Heart Healthy Lifestyle

	Problems	Risk	Target	YOU
1	Diabetes 	Hypertension Heart Disease PAD Kidney failure.	HgA1C < 7.0	
2	Weight 	Heart disuse DM arthritis	< 25 MBI	
3	Activity 	Obesity Injuries High cholesterol	30 aerobic exercise 3-4 time a week 	
4	Tobacco 	Double the risk of heart disease X10 time risk of bronchitis X20 times risk of COPD Lung Cancer	JUST SAY NO! 	
5	Cholesterol 	Heart disease Stroke PAD	Total cholesterol < 200 LDL cholesterol < 100 HDL cholesterol > 40	
6	Hypertension 	Heart disease Stroke PAD	Control BP < 130/80	
7	Heart Disease 	Heart failure At. Fib Stroke	Reduce risks Prevention V. reversal	

Your commitments: Diet, Exercise, and habits