HORMONES AND YOUR HEART
WHAT YOU NEED TO KNOW

The endocrine system is a network of glands and organs that produce, store, and secrete hormones. Hormones influence many aspects of the cardiovascular system, which includes the heart and blood vessels. While hormones play a key role in maintaining cardiovascular health, high levels of some hormones can contribute to cardiovascular disease.

HORMONES AND HEART FACTS

The pancreas is a large gland behind the stomach and next to the small intestine. It produces insulin, a key hormone that “opens” cells to receive blood glucose needed for energy.

Insulin Resistance — cells don’t “open” normally and, in response, the pancreas creates too much insulin.

When too much glucose remains in the bloodstream, you can develop type 2 diabetes and cardiovascular problems, including unhealthy cholesterol levels, high blood pressure, and heart disease.

CARDIOMETABOLIC RISK FACTORS

• High Blood Pressure (Hypertension) is a main cause of heart and blood vessel (cardiovascular) disease

• Unhealthy Cholesterol (Hyperlipidemia) occurs when low density lipoprotein (LDL) or bad cholesterol is too high and/or high density lipoprotein (HDL) or good cholesterol is too low. Either or both of these changes may lead to plaque accumulation on the inner walls of arteries

• High Triglycerides (Hypertriglyceridemia) in combination with unhealthy cholesterol may add to plaque formation on the walls of arteries

• Metabolic Syndrome is a cluster of risk factors (high blood pressure, high blood triglycerides, low HDL, increased abdominal fat) that increase the chances of developing heart disease, stroke, and diabetes

Visit hormone.org for more information.

Additional Editing by Robert M. Carey, MD, MACP, University of Virginia
Sources: American Heart Association
A heart-healthy diet and brisk physical activity are nearly always part of a treatment plan for cardiometabolic risk factors. For many, medications will also be part of the plan. Be sure to follow your treatment plan exactly as your doctor prescribes so you can control your cardiovascular risk factors.

7 SIMPLE STEPS TO PREVENTION

• Control cholesterol
• Manage blood pressure
• Reduce blood sugar
• Eat right
• Lose weight
• Get moving
• Stop smoking

Source: American Heart Association

YOUR DOCTOR CAN DETECT RISK FACTORS BY TAKING KEY MEASURES OF YOUR OVERALL HEALTH. HERE ARE HEALTHY RANGES:

<table>
<thead>
<tr>
<th>Measure</th>
<th>Healthy Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Waist circumference</td>
<td>under 40” (men); under 35” (women)</td>
</tr>
<tr>
<td>Triglycerides level</td>
<td>under 150 mg/dL</td>
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<tr>
<td>Fasting blood glucose level</td>
<td>under 100 mg/dL</td>
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<tr>
<td>Blood pressure</td>
<td>under 120 mm Hg (systolic) and 80 mm Hg (diastolic)</td>
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<tr>
<td>High-density lipoprotein (HDL) cholesterol</td>
<td>over 40 mg/dL (men); over 50 mg/dL (women)</td>
</tr>
<tr>
<td>Low-density lipoprotein (LDL) cholesterol</td>
<td>under 100 mg/dL</td>
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</tbody>
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DID YOU KNOW?
Cardiometabolic problems often come from low activity levels and the foods we eat, but other factors — your genes, hormonal diseases, and certain medications — can also contribute to these conditions.

At least 68% of people age 65 or older with diabetes die from some form of heart disease and 16% die of stroke.

Adults with diabetes are 2-4 times more likely to have heart disease.

Diabetes is 1 of 7 major controllable risk factors for cardiovascular disease.

KNOW YOUR RISKS FOR HEART DISEASE:

• 2 to 4 times more likely to have heart disease or stroke if you have diabetes
• 1.8 times more likely to be hospitalized for a heart attack if you have diabetes
• 3 times more likely to have a heart attack if you are a woman with diabetes
• 2 times more likely to have a heart attack if you smoke

Source: American Heart Association

TREATMENT
A heart-healthy diet and brisk physical activity are nearly always part of a treatment plan for cardiometabolic risk factors. For many, medications will also be part of the plan. Be sure to follow your treatment plan exactly as your doctor prescribes so you can control your cardiovascular risk factors.