



Patient Information

Goals to Reduce Your Risk of Heart Disease



www.materprivate.ie

Goals to Reduce Your Risk of Heart Disease



Smoking

Avoid exposure to tobacco in any form.



Diet

Eat a healthy diet, low in saturated fat and with a focus on wholegrain products, vegetables, fruit, and fish.



Diabetes

Your haemoglobin A1c (HbA1c) level should be less than 7% (<53 mmol/mol).



Blood pressure

Your blood pressure should normally measure <140/90 mmHg.



Triglycerides

No goal, but a level of less than 1.7 mmol/L (<150 mg/dL) indicates lower risk, and higher levels indicate a need to look for other risk factors.

LDL-Cholesterol

If you are at very high risk:

A treatment plan that achieves at least a 50% reduction in your starting cholesterol level, with a goal of less than 1.4 mmol/L (<55 mg/dL).

If you are not currently using statins:

this is likely to require high-intensity cholesterol-lowering therapy.

If you are currently on cholesterol-lowering treatment:

an increased treatment intensity is required.

If you are at high risk:

A treatment plan that achieves at least a 50% reduction in your starting cholesterol level, with a goal of less than 1.8 mmol/L (<70 mg/dL).

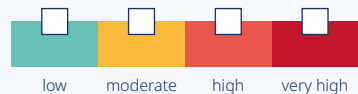
If you are at moderate risk:

A goal of less than 2.6 mmol/L (<100 mg/dL).

If you are at low risk:

A goal of less than 3.0 mmol/L (<116 mg/dL).

Based on today's consultation, your 10 year risk of a serious cardiac event is:





Body weight

Maintain a healthy weight with a Body Mass Index (BMI) 20–25 kg/m², and waist circumference <94 cm (men) and <80 cm (women)*.



Physical activity

Aim to do 3.5–7 hours of moderately vigorous physical activity per week or 30–60 minutes most days.

Waist measurement

The higher your waist measurement, the greater the risk of developing heart disease. Check your waist measurement below:

	Healthy Waist Measurement	Moderate Risk	High Risk
Female	Less than 32" (80cm)	32-35" (80-88cm)	More than 35" (88cm)
Male	Less than 37" (94cm)	37-40" (94-102cm)	More than 40" (102cm)

If you require further dietary advice, ask your doctor to refer you to a registered dietitian in Mater Private Network or externally.

Cardiac Procedures:



Find out more

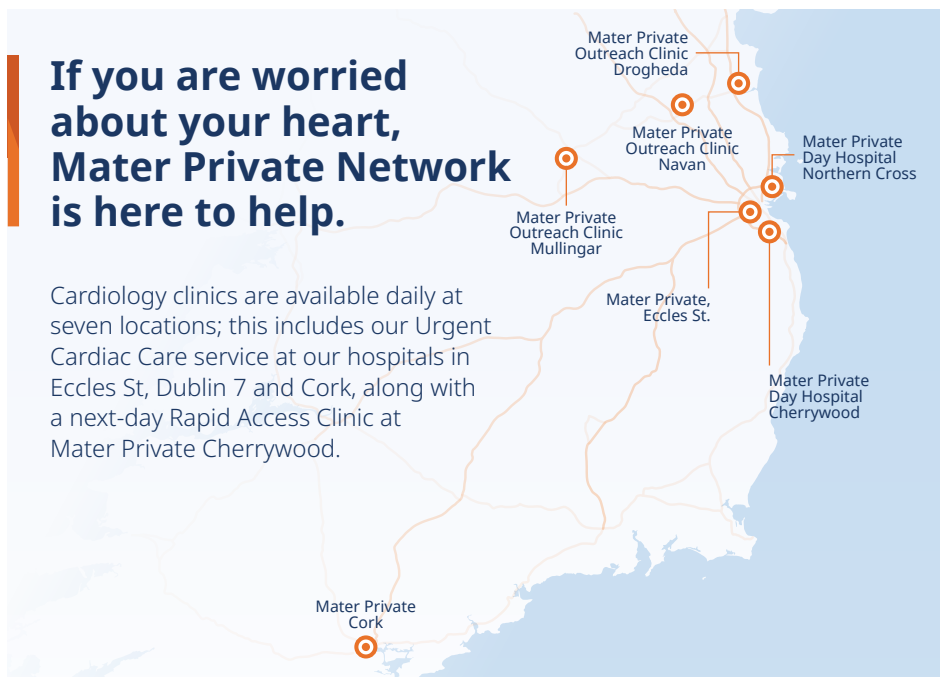
If you'd like to learn more about cardiac procedures such as **Angiography** and **Angiography Angioplasty**, short informational videos are available on the website of the European Society of Cardiology (5 language options)

Other information about diet and lifestyle interventions for heart health is available on the Mater Private and Irish Heart Foundation websites



If you are worried about your heart, Mater Private Network is here to help.

Cardiology clinics are available daily at seven locations; this includes our Urgent Cardiac Care service at our hospitals in Eccles St, Dublin 7 and Cork, along with a next-day Rapid Access Clinic at Mater Private Cherrywood.



Urgent Cardiac Care

If you need immediate help, contact our Urgent Cardiac Care service at Mater Private Dublin or Cork.

1800 247 999 (Dublin)
021 601 3258 (Cork)

This service is available with or without General Practitioner (GP) referrals, for patients who have urgent cardiac symptoms such as **chest pain, palpitations, and breathlessness**.

Patients will receive phone triage by a cardiology nurse specialist, prompt and comprehensive assessment on arrival, and rapid access to non-invasive cardiology services and surgical procedures if needed.