

At the Heart of it,
There's a lot riding on you.
Check in on your heart health today.



PacMed™ Primary Care and Cardiology
at www.PacMed.org/Heart-Health



pacific
medical
centers

Write in the numbers you know and ask your physician to help you fill in the ones you don't know.

Risk Factor	My Number	My Goal
LDL (Bad Cholesterol)		
HDL (Good Cholesterol)		
Blood Pressure		
Diabetes		
BMI (Body Mass Index)		
Smoking		Non-Smoker

Heart disease is the number one cause of death for both men and women. *African American and Hispanic women have heightened risks.*

Read more about these trends at
www.PacMed.org/Heart-Health

Curious to know more? PacMed primary care doctors and cardiologists have time for your questions.

Call us at 1.888.4PACMED (1.888.478.2633) to make an appointment.