

The International Lipid Expert Panel Simple Tips for the Healthy Heart (ILEP-SMILE)

12 **ILEP**
smile
tips for the heart



Lack of regular physical exercise Be more active!

At least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity exercise per week, along with muscle-strengthening activities on ≥ 2 per week is recommended. Alternatively, at least 4,000 steps per day, preferably 6-13,000 depending on age (the more the better up to 20,000 steps/day on average).



Unhealthy Diet Eat better!

There is a recommendation for well-balanced diet, especially the Mediterranean or the DASH diets. This should include whole foods, lots of fruits and vegetables, fish, lean/plant protein, nuts, seeds, and olive. Restrictive diets, beside the hypolipidemic one, are mostly not recommended.



Obesity and underweight Reduce and manage your weight!

Optimal BMI is less than 25, but less than 18.5 is considered underweight. It is strongly recommended to achieve and maintain a healthy weight to avoid the obesity disease and its complications.



Smoking Quit tobacco!

Still one of the most prevalent CVD risk factor. Smoking (cigarettes, e-cigarettes and vaping products) cessation is strongly recommended.



Lipid disorders Control cholesterol!

Measure (on any occasion), know and monitor your cholesterol – the most common CVD risk factor. Be on LDL-C target (depending on your risk) as early as possible to significantly reduce CVD outcomes.



Hypertension Manage blood pressure!

The 2nd most common CVD risk factor. Levels less than 120/80 mm Hg are optimal. High blood pressure is defined as 130-139 mm Hg systolic pressure or 80-89 mm Hg diastolic pressure.

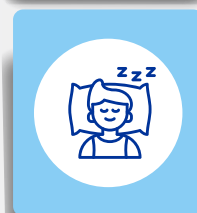
Diabetes Manage blood sugar!

Measure and monitor your fasting blood glucose (FBG) and haemoglobin A1c. The risk is not only associated with diabetes (and its micro- and macrovascular complications) but also with prediabetes that may be present in as many as 40% of the adult population.



Sleep disorders Get healthy sleep!

Adults need 6-8 hours of sleep each night. Adequate sleep improves brain function and significantly reduces the risk for chronic diseases, including cardiovascular ones.



Alcohol consumption Completely avoid alcohol!

There is no healthy amount of alcohol. Alcohol is harmful and should be completely avoided. In the ILEP recommendations all other stimulants are also completely forbidden.



Stress Effectively fight with stress!

There is no standard recommendations on how to avoid and effectively fight with stress. Personalized counseling is recommended. Chronic stress can significantly affect cardiovascular health (and may impact all chronic conditions) and should be avoided.



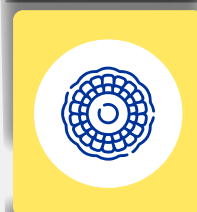
Nonadherence and lack of education Follow your doctor and be educated on health!

Nonadherence is an independent risk factor that may significantly affect CVD outcomes. Patient's education on the disease, lifestyle changes, and therapy is of critical importance. This may significantly improve adherence and reduce the risk of cardiovascular outcomes.



Elevated lipoprotein(a) Check your Lp(a) at least once!

Elevated Lp(a) over 50 mg/dl (125 nmol/l) is an independent CVD risk factor (Lp(a) is 6x more atherogenic than LDL-C) with the prevalence of about 20% of the patients, what makes Lp(a) the 5th most prevalent CVD risk factor. Measure your Lp(a) at least once and consult the physician to consider suitable management in case of elevated values.



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