Listen to Your Heart

February 21, 2013 By Jennifer Morton

As we get older, our risk for cardiovascular disease increases. But it's also a growing concern for people living with HIV. The virus itself can increase your risk, and many of the drugs used to treat HIV can contribute to cardiovascular disease, including heart attacks and strokes. Lifestyle changes such as eating healthy, exercising regularly and quitting smoking can help your heart, and a number of medications can keep your blood pressure and cholesterol in check.

We asked you to tell us about your risks factors for cardiovascular disease. Here's how you responded:

Do you have a history of heart disease in your family?
50% - Yes
40% - No
10% - I don't know

Are you currently taking hiv meds?
90% - Yes
10% - No

How often do you exercise for more than 30 minutes at a time?
7% - Every day
10% - 5–6 times a week
26% - 3–4 times a week
19% - 1–2 times a week
19% - 1–4 times a month
19% - Never

Do you have high blood pressure or high cholesterol?
45% - Neither
15% - High blood pressure
23% - High blood cholesterol
17% - Both

How healthy is your diet?

15% - Very healthy
40% - Fairly healthy
37% - OK
8% - Poor

How many cigarettes do you smoke?
None – 75%
I smoke occasionally – 9%
Up to 10 cigarettes a day – 7%
Up to 20 cigarettes a day – 7%
More than a pack a day – 2%

Are you currently…
Underweight 13%
Average weight 54%
Overweight 29%
Obese 4%

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http://beta.docker.poz.com/article/heart-survey-says-23519-7794