

South Asians and Heart Disease: Knowing These Facts Can Save Your Life

The Mediators of Atherosclerosis in South Asians Living in America (MASALA)



1. South Asians are diverse

South Asians in the United States are diverse and include people with ancestry from different countries (India, Pakistan, Bangladesh, Sri Lanka, Nepal, and Bhutan) and varying religious, cultural, and socioeconomic backgrounds.

2. Men and women are at high risk for heart disease

South Asian men and women are more likely to die from heart disease compared to white Americans.



3. Young adults are at risk

South Asians develop heart disease risk factors, such as high blood pressure, cholesterol, and diabetes at a younger age (on average, 10 years earlier) than other race/ethnic groups.



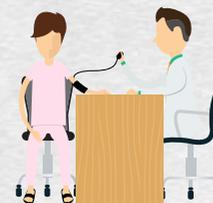
4. Type 2 Diabetes and high blood pressure are common even at a normal weight

South Asians develop high blood pressure, cholesterol, and diabetes even at a normal weight and should ask their doctor to be tested.



5. Talk to your doctor about additional testing

If you have a strong family history of heart disease, checking for calcium deposits in the arteries using a CAT scan of the heart (called a coronary calcium score) can help guide decisions about medicines.



6. Eating your vegetables reduces risk

Plant-based diets reduce risk. A diet high in fresh vegetables, fruits, and whole grains (instead of refined grains), and low in salt, sugar, and refined carbohydrates lowers the chance of getting heart disease, diabetes, and high blood pressure.



7. Mental health matters for heart disease

Chronic stress and depression also contribute to heart disease. Stress and depression can be managed and treated. Talk with your doctor as a start.



This study has been funded by the National Institutes of Health



8. Thirty minutes of exercise, five days a week, can save your life

Exercise prevents heart disease, and South Asians need at least 30 minutes of exercise, 5 days a week. South Asians are born with less muscle and more fat. That's why a combination of aerobic exercise (like brisk walking) and muscle-strengthening exercises (resistance exercise) is highly recommended.



For More Information

CONTACT THE MASALA STUDY AT:

www.masalastudy.org