

Heart Context Snapshot

Starter tool for your next cardiovascular risk reduction action

This is a simple way to begin. It helps you capture what you already know, identify what is missing or unclear, prepare for a more focused conversation with your health team, and decide one clear next action.

How to use this tool

- **Record facts**, not guesses
- If you have results, include **value + unit + date**
- Mark items as **Known** or **Unknown**
- Add **To discuss** where needed
- Focus on one **Next action**, not everything at once

WHAT THIS TOOL HELPS YOU DO

Start from where you are, not from where you think you should be. Use this snapshot to record what you know and don't know, work through your risks with your health team, and take the next clear action.

WHAT IT DOES NOT DO

This is not a medical tool: it is an education, heart risk organization, and risk reduction tool. It does not diagnose, prescribe, or replace your health team. It also does not encourage worry, fear, inaction, overreaction, or panic.

THIS TOOL USES ONE SIMPLE STRUCTURE

Known or Unknown

→

To discuss

→

Next action

Capture known and unknown risks. Prepare the discussion. Agree on the best next action.

You do not need to figure everything out today

You do need a starting point you can trust

YOUR SNAPSHOT

Your Heart Context Snapshot

Use this page to map what you know, what you do not know, and what to discuss with your health team.

1. Test results I have

Question: What are your most recent lab or blood pressure results?

Example: "LDL 110 mg/dL, March 2025" or "BP 128/82, last week"

KNOWN

UNKNOWN

TO DISCUSS

2. Family history I know

Question: Has a family member (parent, sibling, child) had early heart attack or stroke?

Example: "Father had heart attack at 52"

KNOWN

UNKNOWN

TO DISCUSS

3. Diagnoses or concerns already raised

Question: What cardiovascular or related conditions have you been told you have?

Example: "High blood pressure", "Borderline diabetes"

KNOWN

UNKNOWN

TO DISCUSS

4. What has not been measured or is unclear

Question: Which tests have you not had, or results are missing?

Example: "Lp(a) never tested", "Don't know my ApoB"

UNKNOWN

TO DISCUSS

**Record what is known and unknown. Discuss what matters.
Agree on the best next action.**

PREPARE TO ACT

Prepare your next conversation and action

You don't need bad information.
You need the right answer to take the next right action.

1. The answer I need now

Question: What's the single most important thing I need to know about my heart risk? *Example:* "Whether my ApoB, Lp(a), or LDL-P levels are high" or "How my blood pressure affects my long-term risk"

2. The action to take now

Action: What's the best action I can take now to reduce my risk? *Example:* "Get Lp(a), ApoB, or LDL-P tested", "Quit smoking", "Reduce alcohol", "Start exercising or move more by walking, dancing, or biking"

3. Is my action working?

Measure: What do I measure and observe to see if my action is reducing my risk? *Example:* "Repeat blood test regularly", "Track blood pressure reading", "Monitor exercise intensity or sleep quality", "Log sleep hours"

4. Momentum is habit

Habit: What habits should I be changing to reduce my risk of heart attack or stroke? *Example:* "Follow-up with my health team", "Share information or results with my family", "Follow the 72-hour Heart Risk Stabilizer System"

Your next action is for life

Turn understanding of your heart risks into lifelong prevention.

Repeat this simple process regularly to stay on top of your heart risk.

⚠ YOUR NEXT ACTION MAY BE THE MOST IMPORTANT IN YOUR LIFE.

LIVE HEALTHIER FOR LONGER

Heart Health System

Your repeatable process for lifelong risk reduction

You now have a clear starting point, a structured snapshot, and a defined next action. This system is repeatable because heart risk management is not a one-time event.

How to reduce heart attack and stroke risk

- **Know your full risk picture:** not just standard cholesterol
- **Take the right action:** based on the right questions and answers
- **Measure what matters:** blood pressure, Lp(a), ApoB, LDL-P
- **Build habits that protect you:** movement, sleep, food, follow-ups
- **Repeat the process:** because risks change over time

WHAT YOU NOW HAVE

- a clear starting point
- a structured snapshot
- one defined next action
- ways to keep reducing cardiovascular risk, step by step

WHAT YOU MAY NOTICE SOON

New questions may arise: this is progress

Some gaps become clearer: get the right answers to fill them

Priorities start to shift: reducing your risk remains constant

The 72-Hour Heart Risk Stabilizer System

The **HeartFirst Manual + Toolkit** expands this snapshot into a structured 72-hour system. It helps you prioritize what matters, prepare effective conversations with your health team, avoid early mistakes, and build a clearer path to heart health.

Go further with the full system

You've taken the first step. Get the complete system and ongoing support to reduce your heart attack and stroke risk for life. Learn more here:

<https://shyntesy.com>

Clarity begins here