

# Hunters: Don't let buck fever be a heart hazard

October 7 2009, by Margot Carmichael Lester

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(PhysOrg.com) -- Each year during hunting season, some hunters fall prey to heart attack. Dr. Paula Miller, a cardiologist at the University of North Carolina at Chapel Hill, explains what hunters can do to prevent this.

If you're a hunter, you probably invest a lot of time getting your gun or bow ready for hunting season. But don't forget to make time to get your [heart](#) ready, too, because the increased activity could put you - not your quarry - at risk.

For most hunters, [heart-attack](#) danger lies in excessive exertion - like walking up hills or long distances, climbing into a deer stand or running quickly. When you feel winded, it may be due to the heart being deprived of oxygen, causing the heart muscle to become injured and not pump appropriately. If you're healthy and you slow down, you can recover easily. But if you're not - because you have cardiovascular disease or aren't in good shape - this situation can cause a lethal heart problem.

## Flushing the Risk

The best way to avoid [cardiovascular disease](#) - including heart attacks - is to have a healthy lifestyle that includes eating well and getting regular exercise and check-ups. It's also important to know your numbers as well as you know your hunting quotas. Here are suggested levels, according to

Paula Miller, M.D., a cardiologist at the University of North Carolina at Chapel Hill School of Medicine:

- Total Cholesterol: Goal is less than 200
- HDL: Goal is greater than 40 and ideally greater than 60 (subtracts one risk factor if you are over 60)
- LDL: Depends on risk factor profile: 0-1 risk factor =

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