

DO YOU KNOW YOUR HEART DISEASE RISK?

Heart disease is the leading cause of death in the United States.

**SOME RISK FACTORS YOU CANNOT CHANGE,
FORTUNATELY THERE ARE MANY YOU CAN CHANGE.**

Risk factors you cannot change:

- family
- history of heart disease
- increasing age.

Risk factors that you can change:

- High blood pressure (pressure over 140/90)
- High cholesterol levels (based on your individual risk factors)
- Diabetes mellitus (type 2)
- Smoking
- Being overweight
- Limited physical activity
- Stress

STEPS YOU CAN TAKE TODAY TO DECREASE YOUR RISK:

- Stop smoking cigarettes
- Engage in moderate or vigorous exercise at least 30 minutes each day
- Eat a healthy diet
- Achieve and maintain a healthy weight
- If you have high blood pressure, make sure it is controlled
- Know your lipid profile (HDL and LDL cholesterol and triglycerides)
- If you have diabetes, know your blood sugar level
- Work to reduce and manage your stress

You do not have to do this alone. You should discuss your individual risk with your health care provider and together you can make a plan to decrease your risk for heart disease.