

Did You Know...



that heart disease is the **LEADING** cause of death of both men and women in the United States?

EVERYONE is at risk for cardiovascular disease.

However...

based on your responses in our health risk assessment, **you** may be at a



HIGHER RISK of developing cardiovascular disease in the near future.

Conditions such as...

- > AFib
- > Heart Failure
- > Arrhythmias
- > Aortic Transection

all fall under the umbrella of

CARDIOVASCULAR DISEASE

and quite frightening/unpleasant.

Even Though...

you may be at a higher risk than others to develop heart disease, it's never too late to take measures and to prevent this deadly disease.



Some factors such as genetics, family history and age are out of our control, while others are not.

Other Factors...

that are within your control include:



Smoking



Physical Activity



Cholesterol



Blood Pressure

Here are some **very important things** you can do to try and prevent the onset of heart disease:



Stop Smoking



Regular check-ups with your Primary Care Physician



Achieve and maintain a healthy weight



Limit saturated fat intake



Avoid high-cholesterol foods



Seek high-fiber foods



Get regular exercise



Limit alcohol intake as it can increase blood pressure