

What are the risk factors for Heart Disease?

Conditions

Blood Cholesterol Levels - get screened, understand your numbers, and follow treatment if it is prescribed.

High Blood Pressure - get screened regularly, understand your numbers, and follow lifestyle change recommendations or treatment if it is prescribed.

Diabetes Mellitus - work closely with your healthcare provider to manage your diabetes.

Behaviors

Tobacco Use - if you smoke or use other tobacco products; quit. Limit second hand smoke exposure.

Diet - eat a balanced diet with low saturated fats, cholesterol and sodium.

Physical Inactivity - exercise moderately for 30 minutes each day.

Obesity - work to obtain a BMI ≤ 30 . Even a 5-10% loss in body weight will benefit your heart health.

Alcohol - limit intake to 1 drink/daily for women; 2drinks/daily for men

Heredity

Know what conditions run in your family, they can increase your chances for heart disease and stroke. The risk for heart disease can increase even more when heredity is combined with unhealthy lifestyle behaviors, such as tobacco use, high sodium intake or inactivity.



(Resource: http://www.cdc.gov/heartdisease/risk_factors.htm)

What are the risk factors for Heart Disease?

Conditions

Blood Cholesterol Levels - get screened, understand your numbers, and follow treatment if it is prescribed.

High Blood Pressure - get screened regularly, understand your numbers, and follow lifestyle change recommendations or treatment if it is prescribed.

Diabetes Mellitus - work closely with your healthcare provider to manage your diabetes.

Behaviors

Tobacco Use - if you smoke or use other tobacco products; quit. Limit second hand smoke exposure.

Diet - eat a balanced diet with low saturated fats, cholesterol and sodium.

Physical Inactivity - exercise moderately for 30 minutes each day.

Obesity - work to obtain a BMI ≤ 30 . Even a 5-10% loss in body weight will benefit your heart health.

Alcohol - limit intake to 1 drink/daily for women; 2drinks/daily for men

Heredity

Know what conditions run in your family, they can increase your chances for heart disease and stroke. The risk for heart disease can increase even more when heredity is combined with unhealthy lifestyle behaviors, such as tobacco use, high sodium intake or inactivity.



(Resource: http://www.cdc.gov/heartdisease/risk_factors.htm)

What are the risk factors for Heart Disease?

Conditions

Blood Cholesterol Levels - get screened, understand your numbers, and follow treatment if it is prescribed.

High Blood Pressure - get screened regularly, understand your numbers, and follow lifestyle change recommendations or treatment if it is prescribed.

Diabetes Mellitus - work closely with your healthcare provider to manage your diabetes.

Behaviors

Tobacco Use - if you smoke or use other tobacco products; quit. Limit second hand smoke exposure.

Diet - eat a balanced diet with low saturated fats, cholesterol and sodium.

Physical Inactivity - exercise moderately for 30 minutes each day.

Obesity - work to obtain a BMI ≤ 30 . Even a 5-10% loss in body weight will benefit your heart health.

Alcohol - limit intake to 1 drink/daily for women; 2drinks/daily for men

Heredity

Know what conditions run in your family, they can increase your chances for heart disease and stroke. The risk for heart disease can increase even more when heredity is combined with unhealthy lifestyle behaviors, such as tobacco use, high sodium intake or inactivity.



(Resource: http://www.cdc.gov/heartdisease/risk_factors.htm)