SMOKERS ARE UP TO 6 TIMES MORE LIKELY TO SUFFER HEART ATTACKS. DON’T SMOKE AND, IF YOU DO, QUIT.

TOO MUCH CHOLESTEROL IN YOUR BLOOD INCREASES YOUR RISK. GET TESTED TO LEARN YOUR TOTAL CHOLESTEROL, GOOD (HDL) AND BAD (LDL) CHOLESTEROL, AND TRIGLICERIDES.

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HEARTTRUTH.GOV

ARE YOU AT RISK FOR HEART DISEASE?

THE HIGHER YOUR BODY MASS INDEX (BMI), THE HIGHER YOUR RISK FOR HEART DISEASE, ESPECIALLY AT BMI >30.

MAINTAIN A HEALTHY WEIGHT.

HEARTTRUTH.GOV

HIGH BLOOD PRESSURE GREATLY INCREASES YOUR RISK.

GET TESTED. REDUCE YOUR SODIUM INTAKE. STAY ACTIVE. MAINTAIN A HEALTHY WEIGHT.

HEARTTRUTH.GOV

DIABETES.

PUTS YOU AT INCREASED RISK FOR HEART DISEASE.

YOU CAN LOWER YOUR RISK BY KEEPING YOUR BLOOD GLUCOSE CLOSE TO THE RECOMMENDED TARGET NUMBERS.²