

What is Heart Disease?



Heart disease occurs when plaque build-up reduces the blood flow within the arteries of the body. Coronary artery disease is the most common type of heart disease in the United States. According to the American Heart Association, 868,662 deaths have occurred within the United States due to cardiovascular diseases in 2017.

Heart Disease Risk Factors



High Blood Pressure



High Cholesterol



Smoking



Family History/Genetics



Diabetes



Overweight

How to Prevent Heart Disease

Diet



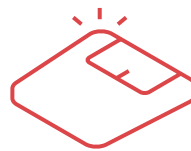
- Include fruits, vegetables, whole grains, fish and lean meats
- Limit salt and sugar intake

Physical Activity



- Option 1: 150 minutes of moderate physical activity weekly (walking, bicycling, etc.)
- Option 2: 75 minutes of vigorous physical activity weekly (running)

Healthy Weight



- Aim for a BMI Value of less than 25

Be Mindful



- Cut back on smoking
- Cut back on alcohol use
- Reduce stress
- Remember to take your medications as prescribed