



**REDUCE RISK FACTORS
FOR HEART ATTACKS**

There are two types of risk factors for heart attacks:
Those you *cannot* change and those you *can*.

Risk factors that can't be changed

- ① Age
- ② Gender
- ③ Heredity

Risk factors you *can* change

- ① Quit smoking
- ② Get your cholesterol checked and talk to your doctor about your numbers and how they impact your overall risk
- ③ Lower your blood pressure through diet, physical activity, and medication, if necessary
- ④ Make smart, healthy food choices
- ⑤ Reach and maintain a healthy weight
- ⑥ Increase your physical activity levels

Talk with your doctor about your risk factors and get the facts (and help) you need to move forward. When it comes to your health, you are the cure.

For more information, call 1-888-AHA-USA-1
(1-888-242-8721) or visit

heart.org



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