





## HEART-HEALTHY LIVING



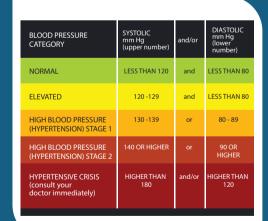
Heart disease is a leading cause of death for men, 45 or older, and women, 55 or older, in the United States.

## **Maintaining a Heart-Healthy Life** means:

- Understanding your risk for heart
- Making healthy choices
- Taking steps to reduce your chances of getting heart disease

## Health risks associated with heart disease include:

- High blood pressure
- High cholesterol
- Being overweight
- Having prediabetes or diabetes
- Family history of heart disease





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