

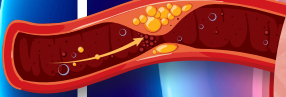
# **YOU ONLY HAVE ONE HEART**

**YOUR LIFE DEPENDS ON IT**

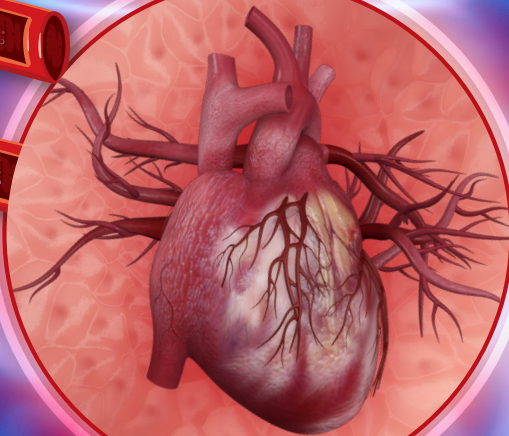


# PLAQUE BUILD-UP CAN CLOG ARTERIES

This can prevent normal blood flow to your heart and lungs. Early plaque build-up can have no symptoms or warning signs, until a heart attack or stroke.



Increasing risk



# KNOW YOUR RISK

Even if you feel fine, you should know your risk. Risk factors include your blood pressure, body mass index (BMI), and cholesterol. Talk to your health care provider early and often, and know your “numbers” even if you don’t have any symptoms.

I feel fine  
right now.  
Am I at risk?

What  
behaviors  
put me at  
risk?

What is  
my BMI?

Did anyone  
in my family  
have a heart  
attack or  
stroke?

What  
are my blood  
pressure &  
cholesterol  
numbers?



# SOME THINGS YOU CAN DO TODAY TO LOWER YOUR RISK

## Talk To Your Health Care Provider

- Get blood work done to check your cholesterol and blood sugar numbers.
- Ask if you are at risk for diabetes or pre-diabetes.
- Ask your provider about what you can do to prevent heart disease and stroke.
- Discuss whether or not you are at a healthy weight (BMI).

## Take Action

- Check your blood pressure regularly.
- Eat nutritious foods.
- Exercise.
- Be tobacco and smoke free.
- Talk with your family about potential family risk factors.

