Prevent Heart Disease

What is heart disease?
Heart disease is a disorder of the heart’s blood vessels that can lead to a heart attack. A heart attack happens when an artery becomes blocked, preventing oxygen and nutrients from getting to the heart.

Heart disease is one of several cardiovascular diseases, which are diseases of the heart and blood vessel system. It remains the leading cause of death in the United States for adults of all races. Cardiovascular disease, specifically, is the number one killer of African-American women.

What are the risks?
Even one of the conditions below puts you at risk. The more you have, the greater the risk.

- High blood pressure
- High blood cholesterol
- Diabetes
- Physically inactive
- Age (Women 55+)
- Smoker
- Overweight
- Family history

How can I prevent heart disease?
Learn the ABCS of heart health.

- Ask your doctor if you should take Aspirin.
- Know your Blood pressure numbers and take control of your pressure.
- Manage your Cholesterol and know your numbers.
- Stop Smoking.
- Eat more fruits and vegetables.
- Move 20 minutes a day. Dance, walk, run... just move!

For More Information
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