



ARE YOU AT RISK?

There are a lot of factors that increase your chances of developing heart disease. While a lot of those factors are out of your control, some can and should be managed.

Age

As you age, your heart must work harder to compensate for clogged arteries.

Gender

Men usually have a greater risk of developing heart disease. The risk for a woman increases after menopause.

Family history

If heart disease runs in your family, you will be at a higher risk of developing heart disease.

Smoking

Heart attacks are more common in smokers than in nonsmokers. Nicotine constricts your blood vessels, and carbon monoxide damages the inner lining of these blood vessels, making them more susceptible to atherosclerosis—the thickening of your artery walls.

Poor eating habits

A diet that's high in fat, salt, cholesterol and refined sugars can contribute to the development of heart disease.

High blood pressure

High blood pressure increases the heart's workload, causing the heart to thicken and become stiffer.

High blood cholesterol levels

High levels of cholesterol in your blood can result in the hardening and thickening of your arteries. This will cause the blood vessels to narrow making it more difficult for your heart to pump blood.

Overweight/Obesity

Excess weight puts a strain on the heart and worsens other risk factors.

Physical inactivity

Lack of exercise is also associated with many forms of heart disease.

High stress

Unrelieved stress in your life may lead to heart attacks and strokes.

Poor hygiene

Not regularly washing your hands and failure to establish other habits that can help prevent viral or bacterial infections can put you at risk of heart infections, especially if you already have an underlying heart condition. Poor dental health also may contribute to heart disease.

DON'T FORGET TO STRETCH!