



HEART DISEASE AND PREVENTION ...

Heart disease (also known as cardiovascular disease) and stroke are the first and third leading causes of death in the United States. They are the main causes of heart related deaths and disability.

Prevention is the key to decreasing the risk of heart disease. Factors that put you at risk for heart disease include:

- ✓ High blood pressure
- ✓ High blood cholesterol
- ✓ Smoking or other tobacco use
- ✓ Lack of exercise
- ✓ Poor diet
- ✓ Overweight
- ✓ Having diabetes

Here are some things you can do to prevent or live healthy with heart disease:

Doctor visits and exams	Call and make an appointment for a full physical exam with your doctor. Let your doctor know if you have any history of family history of heart disease or diabetes (sugar).
Tests	There are tests available that your doctor may do to determine if you have heart disease, such as diagnostic testing or blood work, to evaluate how well your heart is working.
Medication	If you have heart disease and your doctor has given you medication to maintain your health; is it very important to stick with your doctor's plan of care and to ask questions if you are not sure.
Diet and Exercise	You only have one body, and keeping it health takes a good diet and plenty of exercise. Ask your doctor before starting any diet/exercise plan.
Education	For more information call 248-331-4349.

For more information about heart disease, go to the American Heart Association website at www.americanheart.org or the American Heart Association at 1-800-AHA-USA-1 or 1-800-242-8721.

Another site for information, go to the Center for Disease Control at www.cdc.gov/cvh