



A healthy heart can keep your whole body healthy

Your heart pumps blood throughout your body, which in turn distributes oxygen and nutrients, and removes waste. When heart disease affects this process, it can have negative effects on your health. Heart disease refers to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease, which reduces blood flow to your heart.



Certain factors can put you at higher risk

- **Age** – As you get older, your risk increases
- **Sex** – Men are at greater risk of getting heart disease, but, women are at greater risk of dying from it¹
- **Family history** – If you have a relatives with heart disease, you're at greater risk
- **Race**
- **Being overweight or obese**
- **Health issues** such as high cholesterol, high blood pressure, and/or diabetes
- **Tobacco use**
- **Unmanaged stress**

Sources

1. heart.org. American Heart Association, American Stroke Association. Women & Cardiovascular Diseases. 2013.



Take steps toward a heart-healthy lifestyle

- **Talk to your doctor** about your risk factors and important screenings to monitor your heart health
- **Follow a heart-healthy diet** by eating more fruits, vegetables, whole grains and nuts, while limiting salt and sugar, high-fat, and processed foods.
- **Increase your physical activity and exercise regularly**
- **Maintain a healthy weight**
- **Practice stress management** and relaxation techniques
- **Reduce alcohol consumption**
- **Quit tobacco**

For some people, even if you're able to improve your lifestyle, medication may still be necessary to keep your heart-healthy. **Talk to your doctor about your specific situation.**