

ABCs

Of



Health

A = Awareness of Risk Factors that increase the development of coronary artery disease

- ♥ Age: Men over 45 & Women over 55
- ♥ A Family History of early heart disease
 - father or brother diagnosed before age 55
 - mother or sister diagnosed before age 65
- ♥ A Personal History of CAD
 - Angina
 - A previous heart attack
 - Previous stent or heart bypass

A = Avoid Tobacco

B = Behaviors that support heart health.

- ♥ Blood pressure control – know your numbers
- ♥ Blood sugar control – diabetes negatively impacts entire body
- ♥ Become more active – exercise
- ♥ Body Mass Index (BMI) – lose weight

C = Change lifestyle to decrease risk of heart disease

- ♥ Choose good nutrition – can change many risk factors
- ♥ Control cholesterol – increase HDL & decrease LDL
- ♥ Commit to cardiac health – collaborate with healthcare provider

S = Stop Smoking!! Stop Smoking!! Stop Smoking!!