There are many risk factors for a Heart Attack or Stroke including:

- Tobacco Use
- High Blood Pressure
- Diabetes
- Cholesterol
- Family History
- Prior Heart Disease
- Age

**Know Your Risk!**

**Ask your healthcare provider about your 10 year CVD risk**

For more information see the VA/DoD Clinical Practice Guideline: Management of Dyslipidemia
http://www.healthquality.va.gov/guidelines/CD/lipids/

**WHAT CAN I DO TO REDUCE MY RISK?**

- **Quit Smoking**
- **Eat a Healthy Diet**
- **Increase Physical Activity**
- **Take a Statin Medication if Recommended**
- **Achieve Optimal Weight**
- **Control Blood Pressure**

**KNOW YOUR RISK - LOWER IT!**