ARE YOU WORRIED ABOUT OF HEART ATTACK OR STROKE?

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!