

The ABCS of Heart Health

Heart Health Facts

Cardiovascular disease is the **leading cause of death** in the United States for both men and women. One American dies every **36 seconds** from heart disease. However, **80%** of premature heart attacks and strokes are **preventable**. By following the **ABCS** of heart health, you can help **reduce your risk** of heart attack or stroke.

KNOW YOUR HEART HEALTH

A B C S



Appropriate **aspirin** use.

Take aspirin as directed by your doctor.



Blood pressure control.

Monitor your blood pressure and work with your doctor to maintain a healthy blood pressure.



Cholesterol management.

Check your cholesterol and work with your doctor to make healthy lifestyle changes as needed.



Smoking cessation.

Stop smoking - it is never too late to quit.

In addition to the above, it is important to stay up-to-date on annual wellness exams and screenings as recommended by your doctor.

SOURCES: Centers for Disease Control and Prevention, World Health Organization, U.S. Department of Health & Human Services