

# The ABC's of Heart Disease Prevention

**A**void Tobacco

**B**e more Active

**C**hoose Good Nutrition

**Stop smoking.** If you smoke, quit. If someone in your household smokes, encourage them to quit. We know it's tough. But it's tougher to recover from a heart attack or stroke or to live with chronic heart disease.



**Commit to quit.**

**Reduce blood cholesterol.** Fat lodged in your arteries is a disaster waiting to happen. Sooner or later it could trigger a heart attack or stroke. You've got to reduce your intake of saturated and trans fat and get moving. If diet and exercise alone don't get those numbers down, then medication is the key. Take it just like the doctor orders.

**Lower high blood pressure.** It's the single largest risk factor for stroke. Stroke is the No. 3 killer and one of the leading causes of disability in the United States. Stroke recovery is difficult at best and you could be disabled for life. Shake that salt habit, take any medication the doctor recommends exactly as prescribed and get moving.

**Be physically active every day.** Experts recommend 30-60 minutes of exercise each day, but something IS better than nothing, so if you aren't exercising start out slow & make it a habit.



**Aim for a healthy weight.** Obesity is an epidemic in America, not only for adults but also for children. Fad diets and supplements are not the answer. Good nutrition and physical activity are the only way to maintain a healthy weight.

**Manage diabetes.** Cardiovascular disease is the leading cause of diabetes-related death. People with diabetes are two to four times more likely to develop cardiovascular disease due to a variety of risk factors, including high blood pressure, high cholesterol, smoking, obesity and lack of physical activity.

**Reduce stress in your life,** if you don't feel that's possible than find healthy ways to deal with stress like exercise and deep breathing.



**If you drink alcohol, drink in moderation.** Which means an average of no more than one drink per day for non-pregnant women. Drinking too much alcohol can raise blood pressure, cause heart failure and lead to stroke.