

Risk factors for heart disease

Heart disease isn't just a random condition. There are a number of factors that can make you more likely to acquire this number one killer. Some are controllable, and some are not – but either way, you can take steps to increase your odds against getting heart disease.



You're more likely to have heart disease in your lifetime if you:



Have high blood pressure



Are physically inactive



Have high cholesterol



Have a family history of early heart disease



Have diabetes or pre-diabetes



Have a history of preeclampsia during pregnancy



Are a smoker



Have an unhealthy diet



Are overweight or obese



Are over 55

Remember, many of these factors are under your control. So take steps now to lower your risk – and live a healthier, happier life.

Source: www.nhlbi.nih.gov/health/educational/hearttruth/lower-risk/risk-factors.htm



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