



Are You at Risk for Heart Disease?

Why do some people live to a vigorous old age while others die of a heart attack in their early 40s?

We don't know have a complete answer to that question, but we do know that certain characteristics increase your risk of developing heart disease.

The bad news is that the more of these "risk factors" you have, the greater your chances are of developing heart disease. The good news is that many can be prevented or controlled by following a healthy lifestyle and, if necessary, taking medications prescribed by your doctor.

If you have any of the following major risk factors for heart disease, ask your doctor what you can do to make heart-healthy changes in your life.

- High blood pressure
- High blood cholesterol
- Diabetes
- Obesity
- Smoking
- Physical inactivity
- Male gender or females over the age of 55 with premature menopause
- Increasing age
- Family history of heart disease

For more information, call our office at (847) 336-1600.