

Are you at risk for heart disease?



Heart disease is the leading cause of death in the United States. By learning about it now, you can help reduce your risk of developing heart disease or recurrent heart problems in the future.

Our knowledge of heart disease continues to change and expand. We do know there are certain risk factors for heart disease. A risk factor is a condition or behavior that increases the likelihood of developing a disease or medical problem.

Some risk factors can be reduced (modifiable) and some risk factors can't be changed (non-modifiable). Here are a few examples:

Risk factors for heart disease:

Risk factors that you can reduce or manage		Those you can't change
Smoking/smoke exposure	Undesirable cholesterol levels	Heredity - including certain races
Being overweight or obese	High blood pressure	Male gender
Being physically inactive	Diabetes	Increasing age

Do any of these risk factors apply to you?

The chance of developing – or worsening – heart-related disease increases greatly with the number of risk factors you have.

Reduce your risk for heart disease by working on the risk factors you can reduce or manage. If you have diabetes or high blood pressure, work to get it under optimal control.



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