

7 STEPS

to Prevent HEART DISEASE



KEY POINTS ABOUT HEART DISEASE:

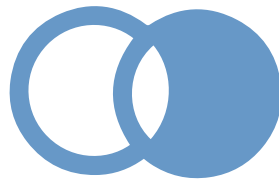
- It's the **leading cause** of death in the U.S.
- Around **80 million** people in the U.S. have it.
- It's a **presumptive illness** related to Agent Orange exposure during the Vietnam War, and one of the presumptive or unexplained illnesses related to Gulf War service.

RISK FACTORS YOU CAN'T CHANGE:



AGE/GENDER

Men over 45 and women over 55 years



RACE

Certain ethnicity groups



FAMILY HISTORY

If a close family member had heart disease

MY HEALTHVET CONNECTION:



VITALS + READINGS:

Record and track vital signs including blood pressure, cholesterol, and body weight online to keep tabs on your health regularly.

EAT BETTER:

Plate Method



EXERCISE:

Choose the Best Exercise Intensity for You

BLOOD SUGAR:

Using a Blood Sugar Log



CHOLESTEROL:

Tips to Control Your Cholesterol

WEIGHT POTENTIAL:

Adult BMI Calculator



BLOOD PRESSURE:

Handling a Silent Killer: Hypertension

QUIT SMOKING:

SmokeFree Vet

