



Heart disease is the leading cause of death, claiming the lives of approximately 500,000 each year.¹

Are you at risk?

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Simple lifestyle changes can help reduce risk of heart disease.

If you stop smoking, your risk of a heart attack drops by 50%.²

If you smoke, your chances of having a heart attack doubles.

Being physically active can reduce your risk.

In a recent study, women who walked briskly for at least two to three hours per week, cut their risk of coronary heart disease by 30% to 40%.²

Maintaining a healthy body weight can reduce your risk.

Losing just 5% to 10% of your body weight favorably affects cholesterol, blood pressure, blood sugar and other risk factors for heart disease.²

Knowledge is the key to helping decrease your risk.

There are several lifestyle changes you can make to reduce your risk of heart disease. Talk to your doctor today to learn more.

This information is not a substitute for medical care. If you have any questions or concerns, consult your doctor or healthcare provider.

¹American Heart Association. Women and Cardiovascular Disease—Statistics (Revised)—2005 Update. Available at www.americanheart.org.

²Johnson PA, Manson JE. How to make sure the beat goes on. Protecting a woman's heart. *Circulation*. 2005;111:e28–e33.

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Keep track of your score:
Know your risks,
own your results