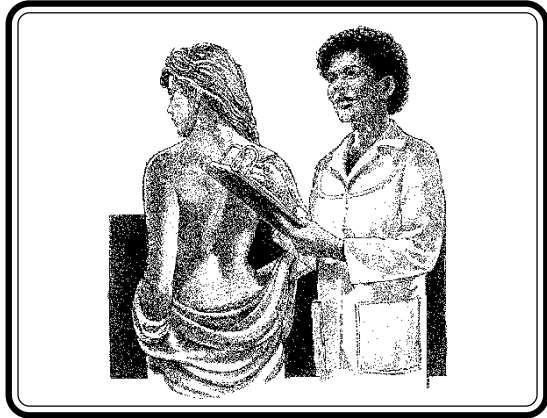


Your Health: Taking Control

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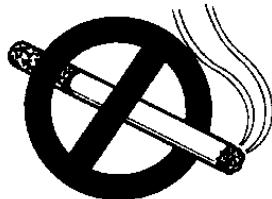
LOWERING YOUR RISK FOR HEART DISEASE

Lower Blood Cholesterol

High blood cholesterol is a risk factor for heart disease. You are at a greater risk for developing heart disease if you have high blood cholesterol.

Don't Smoke

Smoking doubles your risk of heart attack and increases your risk of sudden cardiac death two to four times. Nonsmokers have a higher post heart-attack survival rate.



Control Blood Pressure

High blood pressure increases your risk of heart attack, stroke, and congestive heart failure. High blood pressure combined with other risk factors, such as smoking or overweight, increases your risk many times over.

Keep Diabetes In Control

Uncontrolled diabetes can greatly increase the risk of heart disease. The best way to avoid this risk is keep your diabetes in control and have regular checkups.

Watch Your Weight

Being overweight puts a strain on your heart and can lead to other risk factors such as high blood pressure, high blood cholesterol, and diabetes. Long-term weight loss success depends on exercise and good eating habits.

Exercise

Every muscle in your body works better when it gets regular exercise. Don't forget that your heart is a muscle and also needs regular exercise. People who exercise have a lower risk of heart disease and a higher chance of post-heart-attack survival than people who do not exercise. Exercise can lower blood cholesterol, excess weight, and blood pressure. As a result, exercise may lower your risk of many diseases including heart disease, high blood pressure, diabetes, and obesity. Check with your doctor before starting an exercise program.



Begin Now

You have everything to gain by following these recommendations to reduce your risk of heart disease. With each risk factor you eliminate, your chance of avoiding heart disease increases.

Suggested Readings:

Oklahoma State University Extension Fact Sheets:

- T-3160, *Diet and Heart Disease*
- T-3159, *Diet and Hypertension*
- T-3138, *Dietary Fiber*
- T-3142, *Dietary Salt*
- T-3153, *Facts About Fat*
- T-3154, *Facts About Cholesterol*
- T-3165, *Food Guide Pyramid: Guide to Daily Food Choices*

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***For more information, contact your OSU
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