

# It's Time to Reduce Your Risk for Heart Attack and Stroke

Heart disease and stroke are two of the leading causes of death in the United States. But there are things you can do to reduce your risk.



## Wake Up Call 911: Its Time to Reduce Your Risk for Heart Attack and Stroke by Deborah Daw Heffernan

★★★★☆ 4.3 out of 5

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The first step is to understand the risk factors for heart disease and stroke. These include:

- High blood pressure
- High cholesterol
- Diabetes
- Smoking
- Obesity

- Physical inactivity
- Family history of heart disease or stroke

If you have any of these risk factors, it's important to talk to your doctor about how to reduce your risk.

There are a number of things you can do to reduce your risk for heart disease and stroke, including:

- Eating a healthy diet
- Getting regular exercise
- Maintaining a healthy weight
- Quitting smoking
- Managing your blood pressure and cholesterol
- Taking medication, if necessary

Making these lifestyle changes can significantly reduce your risk for heart disease and stroke. Talk to your doctor today about how you can get started.

In addition to the tips above, there are a number of other things you can do to reduce your risk for heart disease and stroke, including:

- Getting enough sleep
- Managing stress
- Avoiding secondhand smoke

- Getting vaccinated against the flu and pneumonia

By following these tips, you can significantly reduce your risk for heart disease and stroke and live a longer, healthier life.



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