When you choose healthy behaviors, you can lower your heart disease risk while also preventing other serious chronic conditions like type 2 diabetes and some kinds of cancer.

Learn Your Health History
Know your risks and talk to your family and doctor about your health history.

Quit Smoking
Start your quit plan today! Take the first step and call 1-800-QUIT-NOW for FREE support.

Healthy Diet
Make healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products. Get less saturated fat, and added sugar.

Move More, Sit Less
Get at least 150 minutes of moderate-intensity activity every week, plus muscle-strengthening activities at least 2 days a week.

Take Medicines as Directed
If you take medicine to treat high cholesterol, high blood pressure, or diabetes, follow your doctor’s instructions carefully. Always ask questions if you don’t understand something.

Rethink Your Drink
Substitute water for sugary drinks to reduce calories. If you drink alcohol, do so in moderation.

Learn more about keeping your heart healthy by visiting www.cdc.gov/heartdisease/prevention.htm.

Heart disease is the #1 cause of death in the United States, and you could be at risk.

The 3 major risk factors for heart disease are high blood cholesterol, high blood pressure, and smoking.

Managing your cholesterol should be an ongoing conversation with your doctor as you work through a management plan together.

Preventing high blood cholesterol begins with understanding your risk. A first step is to get screened and know your family’s heart health history.

Talk to your doctor! People who have high blood cholesterol may need to take cholesterol-reducing medicines. Your doctor can answer questions about medicines and other ways to manage high blood cholesterol.

Know your levels and talk to your doctor about what they mean for you.

KNOW YOUR LDL CHOLESTEROL LEVELS

High levels of LDL, often called “bad,” cholesterol, show no signs or symptoms but cause fatty build up in the arteries which can lead to heart attack and stroke.

Learn more about heart disease prevention by visiting www.cdc.gov/heartdisease/prevention.htm.