

# Are *You* at Risk?

**C**ardiovascular Disease is the leading cause of death in the United States and claims a life every 34 seconds. It is often called the “silent killer” as risk factors and symptoms oftentimes go unnoticed.

Annually an average of 15 million “healthy” people worldwide experience an unpredicted heart attack.

We know that early detection and intervention are the best safeguards against a cardiovascular incident, so let's all be heart-aware—and learn the facts about heart disease.



You are at **greater risk for heart disease** if you:

- 1 Smoke Cigarettes,
- 2 Have High Blood Pressure or Diabetes
- 3 Have High Cholesterol,
- 4 Are Obese,
- 5 or Have a Family History of Heart Disease.

## Tips for Healthy Heart Living

Take Charge of your health. Make it your top priority.

- **Quit Smoking.** Quitting reduces heart disease risk by 50% within one year. Get help with quitting smoking from support groups, nicotine replacement therapy and other resources.
- **Eat a Heart Healthy Diet** consisting of fruits and vegetables, whole grains, nut and legumes. Limit saturated fat intake to less than 10% of calories consumed.
- **Move it!** Do a minimum of thirty minutes of moderate-intensity aerobic exercise (such as brisk walking) on most, preferably all, days of the week.
- **Win by losing.** Maintaining ideal body weight (BMI between 18 and 25) helps lower the risk of heart disease by lowering blood pressure, improving cholesterol and reducing the risk of diabetes.
- **Don't live life in the fast lane!** Allow ample free time in your work-week. Reduce stress with relaxation techniques and meditation. Happiness and harmony are key to preventing heart disease.



**Comprehensive  
Cardiovascular**

Leading the fight against heart disease

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