

ABCS of heart health

According to the Centers of Disease Control and Prevention (CDC) and the American Heart Association (AHA), heart disease is the leading cause of death in the United States. In fact, one in every four deaths in the United States is caused by heart disease.

To help keep you and your family healthy, all you need to do is remember your ABCS.

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Aspirin: Aspirin can reduce blood clotting in and around the heart. Ask your health care professional if aspirin therapy can reduce your risk of having a heart attack or stroke.



Blood Pressure: High blood pressure, or hypertension, is one of the leading heart diseases in America according to the CDC. High blood pressure increases your risk for a heart attack or a stroke more than any identifying risk factor.

High blood pressure happens when the blood pushing against your heart's artery walls is too high. Understanding and controlling your blood pressure will help keep your heart strong and your overall health in good condition.



Cholesterol: Your body needs cholesterol. The waxy substance is produced in the liver and found in certain foods like eggs, fatty fish, nuts, legumes and bean. However, too much cholesterol can build up in your arteries causing heart disease.



Smoking: There are numerous reasons to quit smoking. Your lungs, your brain and your heart are all compromised by smoking cigarettes. Smoking increases your blood pressure, which increases your risk of a heart attack or stroke. Quitting isn't easy, but it's never too late.