

Celebrate American Heart Month

Cardiovascular disease is the cause of one-third of all deaths in the United States. More than 80 million Americans have one or more of the following cardiovascular diseases: **coronary heart disease, high blood pressure, stroke, and heart failure.**

Know Your Modifiable Risk Factors

High blood pressure

High cholesterol

Diabetes

Smoking

Lack of exercise

Being overweight

Poor diet

Stress

Making the appropriate lifestyle changes can help decrease your risk of cardiovascular diseases. Take control of your heart health today!