

SET YOUR HEART ON HEALTH

Cardiovascular disease—disease of the heart and blood vessels—is the number one killer of men in the United States. According to the American Heart Association, more than one in three adult men has some form of cardiovascular disease, and males represent 47.9 percent of deaths from cardiovascular disease. Heart attack, stroke, arrhythmia, heart valve problems, and heart failure are types of cardiovascular disease.

HABITS FOR A HEALTHY HEART

Some risk factors for heart disease, such as age and family history, cannot be changed. Other risk factors, however, can be controlled. By making healthy lifestyle choices, men can modify some risk factors for cardiovascular disease.

- > **EAT A HEALTHY DIET.** Consuming a heart-healthy, nutritious diet rich in fruits,

vegetables, and whole grains can help reduce one's risk of heart disease.

- > **PARTICIPATE IN PHYSICAL ACTIVITY.** Exercising as little as 30 minutes per day can reduce the risk of cardiovascular disease, according to the American Heart Association.
- > **MAINTAIN A HEALTHY WEIGHT.** By achieving and maintaining a healthy weight, men can decrease risk for high blood pressure, diabetes, certain cancers, and sleep apnea, as well as heart disease.
- > **QUIT SMOKING.** The American Heart Association reports that smoking is the most important preventable cause of premature death in the United States.
- > **MANAGE STRESS.** Getting an adequate amount of sleep, participating in regular

physical activity, spending time with family and friends, and volunteering to help others are all positive ways to reduce stress.

- > **SELECT HEALTHY FATS.** Choose monounsaturated and polyunsaturated fats rather than tropical oils, animal fats, and partially hydrogenated vegetable oils.

EARLY DETECTION

In addition to adopting healthy habits, it is important that men receive the recommended exams and screenings—including blood pressure and blood cholesterol screenings—to detect health problems early and prevent them from progressing.

For additional information on risk factors and prevention of heart disease, consult your physician.

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do your heart good.

Cardiovascular diseases—including high blood pressure, coronary heart disease, and stroke—are the number one cause of death in the United States. Fortunately, there are steps you can take to reduce your risk. Many of the same lifestyle changes that can help you avoid cardiovascular disease also help you manage your weight, decrease stress, and lessen your chances of developing diabetes and other diseases.

