There are multiple factors that can increase your risk for heart disease. Some of them, such as family history and age, you can't control. However, there are ways to help reduce your other risk factors for heart disease.

**Factors that increase your risk***

- High blood pressure
- High cholesterol
- Smoking
- Diabetes and prediabetes
- Excess weight and obesity
- Poor diet
- Physical inactivity
- Having a family history of early heart disease
- Age (55 or older for women)

**What you can do to prevent or lower your risk of heart disease***

- Quit smoking
- Exercise regularly – engage in moderate-intensity exercise for at least 2½ hours every week
- Eat a healthy diet – low in sodium, sugar and saturated fat, high in fiber and with lots of fresh fruits and vegetables
- Maintain a healthy weight
- Talk to your doctor about whether you should be tested for diabetes
- Have your doctor recommend how often and when your cholesterol should be checked
- Monitor your blood pressure
- Take medications prescribed by your doctor

For more information, visit Go Red for Women at https://www.goredforwomen.org/
* National Heart, Lung, and Blood Institute. "Lower Heart Disease Risk.”

** Centers for Disease Control and Prevention. “Preventing Heart Disease: What You Can Do.”
https://www.cdc.gov/heartdisease/prevention.htm (last reviewed/last updated August 10, 2015)