

# COMMON CAUSES OF A HEART ATTACK

## Understand Your Risks to Prevent a Heart Attack

Knowing the risk factors for heart attack allows you to make decisions about your health and well-being. You can make lifestyle changes like eating well, not smoking and managing your cholesterol to help reduce your risk.

### LIFESTYLE RISK FACTORS YOU CAN CHANGE



- Manage your cholesterol levels
- Maintain a healthy blood pressure
- Don't use tobacco
- Increase your physical activity
- Achieve a healthy body weight
- Monitor blood sugar if you have diabetes
- Limit alcohol consumption
- Reduce stress
- Eat a healthy diet
- Talk with your doctor

### OTHER CONTRIBUTING RISK FACTORS



- Age (those over 65 are at an increase risk)
- Gender (men have a greater risk)
- Family history
- Race

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