

A B C S

of Cardiovascular Disease Prevention



A = Aspirin Therapy

Ask your doctor about taking aspirin once a day. Aspirin can help prevent heart attacks and stroke.



B = Blood Pressure Control

Have your blood pressure checked regularly, and ask your doctor what your blood pressure numbers mean for you.



C = Cholesterol Control

Get your cholesterol checked, and if your numbers are high, talk to your doctor about lowering your cholesterol.



S = Smoking Cessation

If you smoke, talk with your doctor about how to quit.



S = Sodium Reduction

If you have high blood pressure, talk to your doctor about lowering the salt in the food you eat.

Heart Disease and Stroke Facts

- Heart disease and stroke are the second and third leading causes of death for men and women in North Carolina. About 1 in 3 adults in the United States has high blood pressure, a big risk factor for heart disease and stroke.
- Know the signs and symptoms of a heart attack or stroke. Call 911, and get to a hospital right away. These will increase a person's chances of surviving a heart attack or stroke.

For more information on how to prevent heart disease and stroke, visit www.cdc.gov/dhdsp.



www.startwithyourheart.com