# CARDIOVASCULAR DISEASE (CVD)

### IDENTIFYING THE MOST COMMON HEALTH RISK FACTORS FOR CVD

#### RISK # 1

**Smoking:** Nicotine and carbon monoxide put a strain on the heart by making it work faster.

#### **RISK # 2**

**High Blood Pressure:** Also puts a strain on your heart and can lead to CVD.

#### **RISK # 3**

**High Cholesterol:** Builds up in walls of arteries, causing a process called atherosclerosis, a form of heart disease.

#### RISK # 4

**High Lipoprotein:** A type of LDL (bad cholesterol). High levels put you at risk for CVD.

#### RISK # 5

**Physical inactivity:** Fatty deposits can build up in your arteries, leading to a heart attack or stroke.

#### RISK # 6

Diabetes: Can cause the lining of blood vessels to become thicker, which can restrict blood flow.

## 47% OF AMERICANS HAVE AT LEAST ONE OF THESE THREE RISK FACTORS

