

# ARE YOU WORRIED ABOUT

# YOUR RISK

## OF HEART ATTACK OR STROKE?

There are many risk factors for a Heart Attack or Stroke including:

- Tobacco Use
- High Blood Pressure
- Diabetes
- Cholesterol
- Family History
- Prior Heart Disease
- Age

### **Know Your Risk!**

**Ask your healthcare provider about your 10 year CVD risk**

For more information see the VA/DoD Clinical Practice Guideline: Management of Dyslipidemia

<http://www.healthquality.va.gov/guidelines/CD/lipids/>

## WHAT CAN I DO TO REDUCE MY RISK?



Quit Smoking



Eat a Healthy Diet



Increase Physical Activity



Take a Statin Medication if Recommended



Achieve Optimal Weight



Control Blood Pressure

## KNOW YOUR RISK

## -LOWER IT!

Dyslipidemia  
Patient  
Summary

