

KNOW YOUR RISK OF HEART DISEASE

Heart disease is the leading cause of death in the United States, accounting for one in every four deaths, according to the Centers for Disease Control and Prevention.

Nearly half of all Americans have at least one of the three risk factors—high blood pressure, high LDL cholesterol and smoking—for heart disease, the CDC says. But other risk factors and medical conditions put people at

a higher risk for heart disease. Those include diabetes, overweight and obesity, poor diet, physical inactivity and excessive alcohol use.

Many of those risk factors can be controlled, according to the American Heart Association.

In Kentucky, an estimated 6.1 percent of adults have been told they have a coronary heart disease or angina, according to the most recent Behavioral Risk Factor

Surveillance System, or BRFSS. That's higher than the U.S. estimate of 4.1 percent. Men were more likely to have the disease than women. A similar percentage of people, 6 percent in Kentucky vs. 4.3 percent nationwide, had been told they had had a heart attack. That number was significantly higher based on age—an estimated 14.9 percent of people over age 65 had experienced a heart attack.

	<h2>HIGH BLOOD PRESSURE</h2>	<p>Normal blood pressure is below 120/80. Anything over that should be watched and brought under control with lifestyle changes; medication may be necessary.</p>		<h2>MEDICATION IF NEEDED</h2>
<h1>7 RISK FACTORS YOU CAN CONTROL</h1>		<h2>EAT LESS SALT</h2>	<p>Your blood cholesterol levels should be below 200. HDL, or "good cholesterol" should be at least 40, but 60 is ideal. LDL, or "bad cholesterol" should be below 130. 100 or less is ideal.</p>	<h2>POOR CHOLESTEROL LEVELS</h2>
<h2>BEING OVERWEIGHT OR OBESE</h2>	<p>Being overweight increases your risk for heart disease even without other risk factors.</p>	<h2>MAINTAIN A HEALTHY WEIGHT</h2>		<h2>EAT MORE FRUITS, VEGETABLES, WHOLE GRAIN AND LEAN PROTEIN</h2>
	<h2>STRESS</h2>		<h2>DRINK ALCOHOL IN MODERATION</h2>	<h2>DIABETES</h2>
<h2>LACK OF PHYSICAL ACTIVITY</h2>	<p>Being physically active can greatly reduce your risk of heart disease.</p>		<p>Smoking more than doubles your risk of heart disease. Secondhand smoke increases heart disease risk to that almost as high as smokers.</p>	<h2>SMOKING</h2>