

CONTROLLABLE RISK FACTORS FOR VASCULAR DISEASE

TRANSCRIPT

Your healthcare team will help you identify your vascular disease risk factors and how to reduce them. Some risk factors can't be changed. For others, you can make changes to lessen them.

Controllable vascular disease risk factors include: smoking, high cholesterol levels, high blood pressure, diabetes, physical inactivity, being overweight, and stress.

Let's take a closer look at these...

Smoking or using tobacco is bad for you. It hurts your entire body including your heart and blood vessels. Being around people smoking can also be bad for your body.

High Cholesterol Levels...Your cholesterol level can increase your risk for atherosclerosis. There are good and bad kinds of cholesterol in your body. High levels of LDL cholesterol and triglycerides help to form plaque. And low levels of HDL, the good kind of cholesterol, can also increase your risk.

Hypertension, commonly called high blood pressure...When you have high blood pressure, it makes your heart work harder and can hurt your blood vessels.

Diabetes... Diabetes can harm your blood vessels increasing the chance of plaque buildup.

Physical Inactivity...The heart is a muscle that needs exercise to stay strong; being physically inactive weakens your heart, making it work harder to do its job. Physical inactivity also increases your chance for unhealthy cholesterol levels, high blood pressure, or being overweight.

Being overweight is another risk factor. Carrying around extra weight makes your heart work harder and puts pressure on your blood vessels.

And stress...Stress can harm your blood vessels and increase your chance for other risk factors.

Work with your healthcare provider to identify the controllable vascular disease risk factors you have so you can make a plan to change them.