

Coronary Artery Disease: 5 Ways to Help Lower Your Risk

Heart disease describes a lot of heart conditions.

The most common of these conditions is coronary artery disease.

You can do a lot to help lower your risk for coronary artery disease.

Here are five things you can start doing right away.

One: Don't smoke.

And if you already are a smoker, quitting is probably the most important thing you can do.

It's not always easy, but talking to your doctor about medicines and counseling is a great start for stopping.

Two: Be active.

Aim for 30 minutes of activity on most, if not all, days of the week.

Make activity convenient and part of your daily routine.

You can get your exercise in small amounts throughout the day— but try to do at least 2½ hours of activity a week.

Three: Eat heart-healthy.

These foods include vegetables, fruits, nuts, beans, lean meat, fish, and whole grains.

And try to cut back on things that are not so good for your heart, like alcohol, sodium, and sugar.

Four: Stay at a healthy weight.

That might mean losing weight, if you need to.

Five: Manage your other health problems if you have any.

Diabetes, high cholesterol, and high blood pressure can all put you at higher risk for heart disease.

So work with your doctor to build a plan and understand what you can do to manage these conditions.

And if you think you may have a problem with alcohol or drugs, it's important that you talk to your doctor about that too.

So that's five ways you can help your heart.

It may help to remember that the things you do for your heart aren't just helping you prevent heart disease.

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They're also helping you live a healthier life.

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