

7 Ways to Help Lower Your Risk for a Heart Attack

When you have coronary artery disease, you're at high risk for having a heart attack.

There are some things about your personal risk that you can't control. Like your family history—the genes you inherited from your parents.

But there are things you can control that lower your risk. So, here are seven ways to help lower your risk for having a heart attack.

One: Take your medicine.

Taking each of them exactly as prescribed is an important part of lowering your risk for having a heart attack.

Two: Eat heart-healthy foods.

Heart-healthy foods include fruits and vegetables and high-fiber foods like whole grains and beans.

Other foods that are good for your heart include proteins such as seafood, lean meats, nuts, and soy products.

And guess what?

There are heart-healthy oils, such as canola oil and olive oil.

Three: Get moving.

You can choose almost anything you like to do.

But before you begin, talk to your doctor.

Together you can make an activity plan that will keep you healthy and safe.

Eating heart-healthy foods and getting moving can help with number four.

Stay at a healthy weight.

That might mean losing weight, if you need to.

Five: Manage any other health problems that can raise your risk of heart attack, including high blood pressure, high cholesterol, and diabetes.

Six: Prevent health problems by staying current with your immunizations, such as for the flu; getting help for depression; and talking with your doctor if you think you may have a problem with alcohol or drug use.

And finally, seven: If you smoke, it's time to quit.

Quitting helps you feel better and helps prevent a lot of other health problems.

Many people have found ways that helped them successfully quit, including using medicines and finding support.

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It may seem like a lot, but you're in control.

You can do it.

And each one of these things can lower your risk, so don't feel like they all have to happen at once.

Here they are again: Take your medicine.

Eat heart-healthy foods.

Make a plan to get moving.

Stay at a healthy weight.

Manage and prevent other health problems.

And quit smoking.

Not only are these things in your control, but they go a long way to lower your risk for having a heart attack.

And they all add up to living and feeling better.