

# Learning About Risk for Heart Attack and Stroke

Your doctor said that you're at risk for having a heart attack or stroke.

Now ... that doesn't mean something is going to happen right now ... or ever.

But it's a warning that a heart attack or stroke could happen.

So ... what puts you at risk?

Your doctor looks at several things to find your risk, like ...

your cholesterol levels ...

your blood pressure ... and your age, sex, and race.

And at other things like ... if you have diabetes ... if you smoke ...

or if someone in your family has or had heart disease.

All these things are called risk factors.

And looking at them gives you and your doctor a good idea about your risk level.

Knowing your level of risk is just the starting point for you and your doctor to talk about how you might lower your risk.

Now ... everyone has a certain level of risk.

Just getting older or having a family member with heart disease or a stroke raises your risk. You can't change these things.

But other risk factors you can do something about.

Things like high blood pressure ... diabetes ... or high cholesterol.

Depending on your risk factors ... and how high your risk is ...

you may decide to try some things that can help you live healthier, like ...

eating heart-healthy foods .... being more active ... and not smoking.

Or ... in addition to making these kinds of healthy choices, your doctor may talk to you about taking medicines.

This program is for informational purposes only. Publisher disclaims all guarantees regarding the accuracy, completeness, or suitability of this video for medical decision making. For all health related issues please contact your healthcare provider.



# Learning About Risk for Heart Attack and Stroke

It may be hard for your doctor to tell you what's best, because it often depends on what's important to you.

Maybe you're worried about your risk and want to do everything you can now ...

including taking medicines.

Or maybe ... first ... you want to try things like eating heart-healthy foods or being more active.

Your doctor may have a recommendation, but it's up to you how you want to lower your risk.

The ball's in your court.