

## Are you at risk of heart disease?

There are a number of factors that increase your risk of having heart disease. Some risk factors can be controlled, and it has been proven that doing so will reduce the chances of heart or circulatory disease developing or worsening.

### Risk factors include:

Family history of heart disease

High cholesterol

Gender and age: females 55 years or older or past menopause; males 25 years or older

Diabetes

Smoking

High blood pressure

Low HDL (good) cholesterol