Preventable Deaths from Heart Disease and Stroke PSA (:60)

Some conversations are more important than others. The one you have with your health care provider about controlling high blood pressure and high cholesterol could save your life.

More than 800,000 Americans die each year from heart disease and stroke, and at least 200,000 of these deaths can be prevented. Older people and men, especially black men, are at higher risk. However, all the major risk factors can be managed. Here's how.

Learn the ABCS of heart health: aspirin, when appropriate; blood pressure control; cholesterol management; and smoking cessation. Don't smoke, but if you do, get help to quit. Eat a diet that's low in sodium and trans fats and high in fresh fruits and vegetables, and maintain a healthy weight. Get two and a half hours of physical activity every week. If you have diabetes, work with your doctor on a treatment plan. You may have improved access to health care coverage and preventive care from the Affordable Care Act.

Learn more at cdc.gov/vitalsigns.