



A MINUTE OF HEALTH WITH CDC

Heart Health

World Heart Day — September 27, 2009

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

A healthy heart is the key to a healthy life. Each year, more than 17 million people die from cardiovascular disease, mainly heart disease and stroke, making it the leading cause of death worldwide. Some people are born with heart defects or disease, but most cardiovascular problems are preventable. Controlling certain risk factors, such as high blood pressure, high cholesterol, diabetes, and obesity, can improve your chances for maintaining a healthy heart. Effective prevention strategies include avoiding tobacco use, exercising regularly, and maintaining a healthy diet. In addition, regular check-ups will ensure early detection of any potential problems.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.