



A MINUTE OF HEALTH WITH CDC

Heart Health

American Heart Month – February 2014

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

One in three deaths in the U.S. is caused by cardiovascular disease, which includes heart disease, stroke, and high blood pressure; it's the leading cause of death. Factors such as age, race, ethnicity, and sex can affect a person's risk for cardiovascular disease.

To reduce *your* risk, follow the ABCS. Take aspirin as directed by your health care provider, control high blood pressure, manage cholesterol, and don't smoke. You should also eat a diet that includes plenty of fresh fruits and vegetables, exercise regularly, and maintain a healthy weight. Talk to your health care provider about your risk for cardiovascular disease.

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.