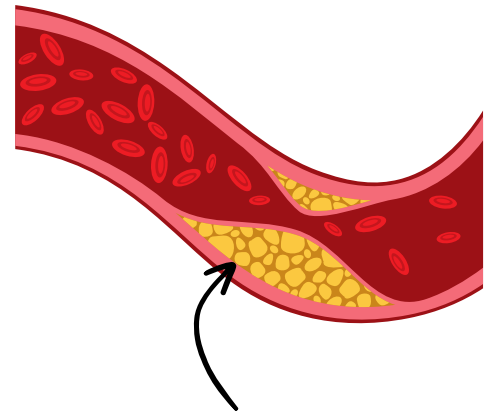




How to Know if You're at Risk for Heart Disease?

What causes heart disease conditions?

Many heart disease conditions occur when **plaque** builds up in the tubes that carry blood in our bodies, called **arteries**. Arteries are the highway for our blood.



Plaque build up inside an artery

When too much plaque exists, the highways narrow, and the blood can't flow well. If a little piece of the plaque breaks off and blocks the highway, it's like a traffic jam. This can then lead to a heart attack or stroke.

What increases the risk of plaque build-up?

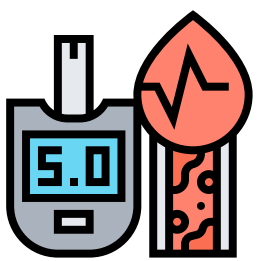
There are many risk factors, some of which can be prevented or managed to reduce the risk of heart disease:



High Blood Pressure



Smoking



High Cholesterol



Diabetes

Preventing these conditions and behaviors can **reduce the risk** of developing **heart disease**.

Certain things in our lives, called social determinants of health, can impact our chances of developing heart problems

This includes:



Having places like parks to play & relax



Being able to see a doctor when you need to



Have good, healthy food available



Having friends for support and learning

Come to the next engAGE with Heart event to learn more!



 engagewithheart.org