

HEART DISEASE

MAJOR RISK FACTORS:

- High Blood Pressure (Hypertension)
- High Blood Cholesterol
- Diabetes (Type 2)
- Smoking



- Obesity and Overweight
- Physical Inactivity
- Family history
- Older age



HOW CAN YOU PREVENT HEART DISEASE?

Stop smoking

Reduce drinking alcohol

Eat healthy

Be active

Check your blood pressure regularly

Regular visits to the doctor

Reduce stress

Maintain a healthy weight

HOW CHART™ CAN HELP WITH PREVENTION?

CHART™ is a system for early detection of Cardio-Vascular Disease, Heart Failure, and all Heart Valve Diseases.
For use in Primary Care.

Cardio-HART™

Breakthrough cardiac diagnostics for the early detection of Cardio-Vascular Disease [CVD], Heart Failure [HF], and all Heart Valves diseases [HVD].

Cardio-Phoenix, Inc
www.cardiophoenix.com

