

Heart Disease Behavior

Diets high in saturated fats, trans fat, sodium, and cholesterol have been linked to heart disease and related conditions. Make a heart-healthy choice. Your lifestyle choices can increase your risk for heart disease and heart attack. To reduce your risk, your doctor may recommend changes to your lifestyle. The good news is that healthy behaviors can lower your risk for heart disease.

Unhealthy Diet

Diets high in saturated fats, trans fat, and cholesterol have been linked to heart disease and related conditions, such as atherosclerosis. Also, too much salt (sodium) in the diet can raise blood pressure levels.

Physical Inactivity

Not getting enough physical activity can lead to heart disease. It also can increase the chances of having other medical conditions that are risk factors, including obesity, high blood pressure, high cholesterol, and diabetes. Regular physical activity can lower your risk for heart disease.

Obesity

Obesity is excess body fat. Obesity is linked to higher “bad” cholesterol and triglyceride levels and to lower “good” cholesterol levels. In addition to heart disease, obesity can also lead to high blood pressure and diabetes. Talk to your health care team about a plan to reduce your weight to a healthy level.

Too Much Alcohol

Drinking too much alcohol can raise blood pressure levels and the risk for heart disease. It also increases levels of triglycerides, a form of cholesterol, which can harden your arteries.

- Women should have no more than 1 drink a day.
- Men should have no more than 2 drinks a day.

Tobacco Use

Tobacco use increases the risk for heart disease and heart attack. Cigarette smoking can damage the heart and blood vessels, which increases your risk for heart conditions such as atherosclerosis and heart attack. Also, nicotine raises blood pressure, and carbon monoxide reduces the amount of oxygen that your blood can carry. Exposure to other people's secondhand smoke can increase the risk for heart disease even for nonsmokers.