

**DO YOU KNOW**

**YOUR RISK FOR HEART DISEASE?**

Knowing your risk is crucial, and early detection is key. Schedule a visit with North Oaks Cardiology to assess your risk for heart disease. Our board-certified experts help you take control of your health and manage your risk factors.



### **HIGH BLOOD PRESSURE**

**What's your blood pressure?**

High blood pressure, also known as the “silent killer,” often has no symptoms. If left untreated, it can cause a variety of health issues, including heart disease and stroke.



### **SMOKING**

**Do you smoke?**

Tobacco use remains the single largest preventable cause of death and disease in the United States. It's never too late to quit smoking.



### **DIABETES**

**Are you diabetic or at risk for diabetes?**

Adults with diabetes are 2 to 4 times more likely to die from heart disease than adults without diabetes. People with diabetes usually already have 1 or more cardiovascular risk factors, which puts them at higher risk.



### **DIET AND EXERCISE**

**What's your diet and how much do you exercise?**

Choosing foods low in saturated fat, trans fat and sodium can put you on the right track. Maintaining a healthy weight and exercising regularly are heart smart choices.

Put your heart in the right hands.  
Locations in Hammond & Livingston  
**(985) 230-7350**  
[www.northoaks.org/hearthealth](http://www.northoaks.org/hearthealth)



SCAN ME

 **NORTHOAKS**  
Cardiovascular Services