

# RISK FACTORS

## for Heart Disease and Stroke

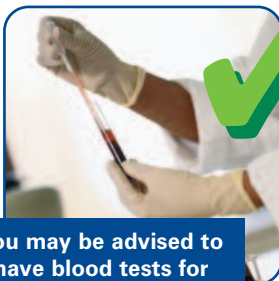


You should not smoke

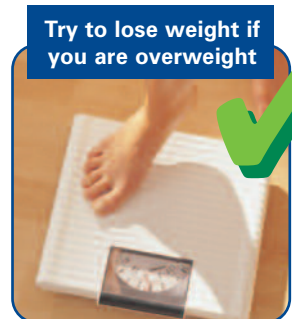


Don't drink too much alcohol

### EAT A HEALTHY DIET



You may be advised to have blood tests for cholesterol and diabetes



Try to lose weight if you are overweight



Have your blood pressure checked at least every 3-5 years



Take regular exercise



For further information contact  
Chest, Heart & Stroke Scotland  
65 North Castle Street, Edinburgh EH2 3LT  
Tel: 0131 225 6963 Fax: 0131 220 6313  
Advice Line: 0845 077 6000  
[www.chss.org.uk](http://www.chss.org.uk)

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