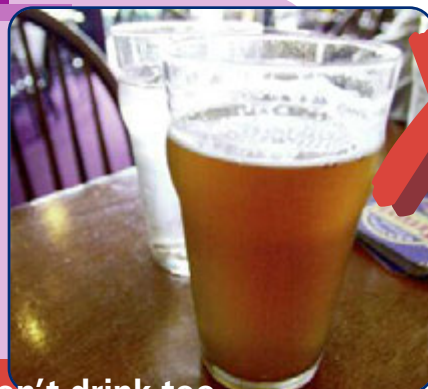


RISK FACTORS

for Heart Disease and Stroke



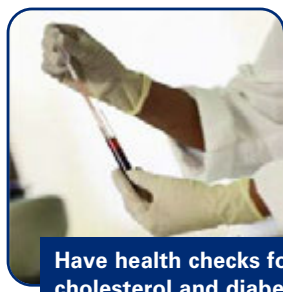
You should not smoke



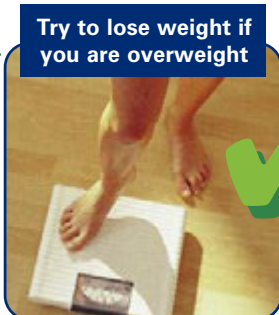
Don't drink too much alcohol



EAT A HEALTHY DIET



Have health checks 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

Chest
Heart &
Stroke
Scotland



Chest Heart & Stroke Scotland
3rd Floor, Rosebery House, 9 Haymarket Terrace,
Edinburgh, EH12 5EZ
Tel: 0131 225 6963 Fax: 0131 220 6313
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