

On July 15, 2002, American Heart Association Updates Heart Attack Prevention Guidelines:

- Beginning at age 20, you should be assessed for *general risk* of cardiovascular disease every 2 years.
- For people age 40 and over *or* for anyone who has multiple risk factors for cardiovascular disease, you should have a *global risk estimation* calculated every 5 years.

Risk Factors and Recommendations to Prevent Heart Attack:

- *Tobacco Use.* Stop smoking. AHA now recommends no exposure to tobacco smoke, including second-hand tobacco smoke. (*new*)
- *Diabetes and high blood pressure and cholesterol.*
- *Lack of regular aerobic exercise.* AHA now recommends at least 30 minutes of moderate-intensity physical activity on most (preferably all) days of the week. (*new*)
- *Being overweight.* Eat a low-fat diet and consume several servings of vegetables and fruits per day. Achieve and maintain desirable weight.
- *Having a close family member with heart disease.*

Please see your family doctor to make sure you receive regular checkups for heart health. To make an appointment at UVA Heart Center's Preventive Cardiology Clinic, call 924-5004 or Diabetes and Cardiovascular Clinic, call 243-9373.