



Heart Disease

? Did you know that 1 in 10 men aged 50 have a heart age 10 years older than they are.

Did you also know that heart disease mortality is higher in men than in women.



Heart & circulatory diseases How to Lower Your Risk

Heart disease is avoidable, even if you have a family history. Lifestyle changes can have a large impact in preventing cardiovascular disease, or in keeping it from worsening. Here are the NHS recommended ways of lowering your risk of a heart disease:

Stop smoking



Have a balanced diet



Exercise regularly



Maintain a healthy weight



Cut down on alcohol



GP recommended medication

