



# 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.

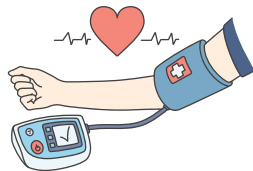


# Heart & circulatory diseases

## The Risk Factors

No matter your gender or age, here are the main risk factors that can expose you to higher chances of having cardiac events:

**High blood pressure**



**Diabetes**



**High cholesterol**



**Air Pollution**



**Smoking**



**Overweight/Obesity**



**Diet and Exercise**

