

Know What Your Risk Factors Are:

Take Control of YOUR Heart Health

Risk Factors:

- Smoking
- Diabetes
- High blood pressure
- High cholesterol
- Family history of heart disease
- Lack of physical activity
- Stress
- Post-menopausal

But these aren't the only risk factors. Your risk also increases if you:

- Don't see your doctor regularly
- Don't care for your own medical needs the way you do for others
- Don't realize heart disease isn't only a "man's disease"



Saint Alphonse



**TO FIND A PRIMARY CARE PROVIDER CALL
(208) 367-DOCS (3627)**

**Dr. Shauna Williams
Surgeon**