

# Give your heart some love



## Know your risk for heart disease

Heart disease, such as coronary heart disease, heart attack, congestive heart failure and congenital heart disease, is one of the leading causes of death for both men and women around the globe. Taking care of your heart means adopting healthy behaviors to decrease your overall risk factors. While some risk factors can't be prevented, taking action by incorporating healthy lifestyle habits into your daily routine can have a significant impact on your heart health.

### Risk factors that can be managed

You can control or treat these risk factors with lifestyle changes and your healthcare provider's help:

- High blood pressure
- Smoking
- High blood cholesterol
- Lack of regular physical activity
- Weight
- Diabetes

### Risk factors that you can't change

While the following are risk factors you can't change, each are still important when assessing your risk for heart disease and stroke:

- Age
- Gender
- Heredity (family health history)
- Race
- Previous instances of stroke or heart attack



---

The information and materials included in MetLife's Health and Wellness Information Library, including all toolkits, modules, template communications, text, charts, graphics and other materials, (collectively, the "Content") are intended to provide general guidance on health and wellness matters and are not, and should not be relied on as, medical advice. While the Content is based on resources that MetLife believes to be well-documented, MetLife is not responsible for the accuracy of the Content, and you rely on the Content at your own risk. Each person's condition and health circumstances are unique, and therefore the Content may not apply to you. The Content is not a substitute for professional medical advice. You should always consult your licensed health care professional for the diagnosis and treatment of any medical condition and before starting or changing your health regimen, including seeking advice regarding what drugs, diet, exercise routines, physical activities or procedures are appropriate for your particular condition and circumstances.