

## HEREDITY

.....A NON MODIFIABLE RISK FACTOR

Members of certain families seem to develop heart disease as young adults. It may be due to the way the body handles cholesterol or fats, or it may be due to other factors which are not yet fully known.

What to do about Heredity?

If heart disease has been a pattern in your family, you will want to avoid adding to this risk. It will be very important for you to:

- ♥ not smoke
- ♥ exercise as prescribed
- ♥ eat low-fat foods
- ♥ control blood pressure
- ♥ keep weight under control
- ♥ teach your children about the risk factors for heart disease and help them lead a healthy life.



**“Stop smoking, quit drinking, eat less,  
exercise more! Are you some kind  
of health nut?”**