



REDUCE YOUR RISK OF ASCVD

(atherosclerotic cardiovascular disease)

ASCVD is caused by buildup in the arteries and it increases the possibility of heart disease and stroke.

These key steps can help you maintain a healthy lifestyle and reduce your risk of ASCVD, heart disease and stroke.



Know your risk.

The first step is knowing your risk of a cardiac event. Use our **Check. Change. Control. Calculator™** to estimate your risk of heart disease or stroke.

Eat a heart-healthy diet.

Build your nutrition plan around heart-healthy foods like fruits, vegetables, whole grains, legumes (e.g. beans, lentils), nuts, fish and seafood, and poultry. Limit sugary drinks and full-fat dairy products.

Make time to exercise.

Aim for 150 minutes of week of moderate-intensity physical activity or 75 minutes of vigorous exercise. Every bit helps. If you're already active, try upping your physical activity. If you're not currently active, try to find ways to move more.



Eliminate tobacco and limit alcohol.

Don't smoke, vape or use other tobacco products. Limit your intake of alcoholic beverages.



Manage weight.

Maintain a healthy weight with a heart-healthy diet and regular exercise.

Manage your conditions.

Work with your health care team to build a treatment plan that works best for you to help manage conditions that put you at a higher risk of ASCVD, like high cholesterol and high blood pressure. Your health care professional may prescribe medications to help manage blood sugar, cholesterol and/or blood pressure.

Learn more at [heart.org/cholesterol](https://www.heart.org/cholesterol)