



Remember your
ABCS

- A** – Appropriate Aspirin Therapy
- B** – Blood Pressure Control
- C** – Cholesterol Management
- S** – Smoking Cessation

High blood pressure, high LDL cholesterol, and smoking are key risk factors for heart disease. About half of Americans (49%) have at least one of these three risk factors.

Many of the people who are at high risk for heart attack or stroke don't know it.

Talk to your doctor or nurse about your heart health.

Sources: Centers for Disease Control and Prevention and Million Hearts



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