



REDUCE YOUR RISK OF ASCVD

(Atherosclerotic cardiovascular disease)

ASCVD is caused by plaque buildup in the arteries. Plaque is made up of cholesterol and fatty substances that can narrow or block blood flow. Over time, this increases the risk of heart attack, stroke, and circulation problems in the legs and other parts of the body.

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



Get to know your risk

The first step is understanding your risk of heart disease and stroke. Your doctor may use a risk estimator called **PREVENT™** to estimate the chances of a heart event or stroke in the next 10 and 30 years. The estimate is based on health information, such as age, blood pressure readings, cholesterol test results and other personal details, usually gathered during routine visits.

Create a healthy eating pattern

Enjoy vegetables, fruits, whole grains, beans, nuts, seeds, unsaturated fats and lean proteins as part of an overall healthy eating pattern. Limit ultraprocessed foods that are high in saturated fats, added sugars and sodium.

Make time for regular physical activity

A healthy goal is 150 minutes a week of moderate-intensity physical activity or 75 minutes of vigorous exercise. Choose activities you enjoy and build from there.



Eliminate tobacco and limit alcohol

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



Support a healthy weight

Achieve and maintain a healthy weight with a heart-healthy diet and regular physical activity. Modest, steady changes can be good for your heart.

Manage your conditions

Conditions including high cholesterol, high blood pressure and high blood sugar can increase ASCVD risk. Your health care professional can help you create a plan that fits your needs and lifestyle. This may include medications to help manage blood sugar, cholesterol and blood pressure.

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