



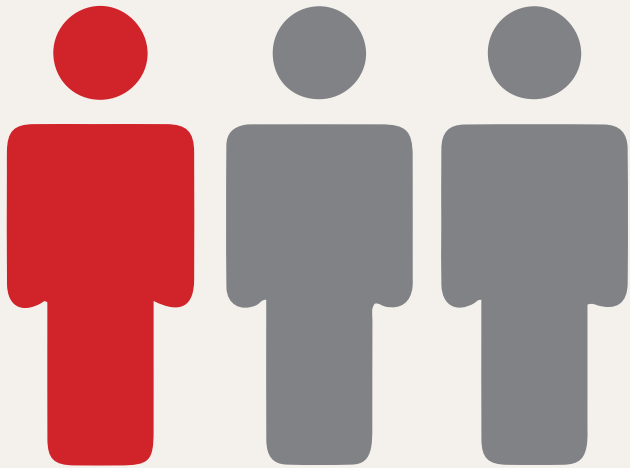
HEART & VASCULAR CENTER

of

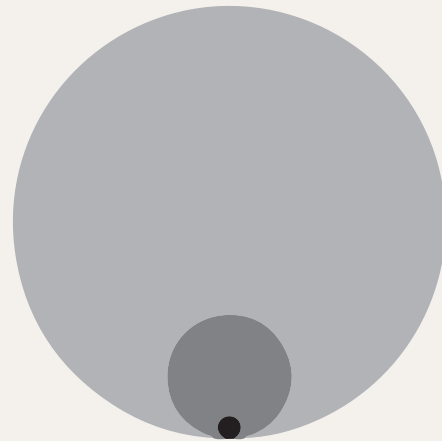
WATAUGA MEDICAL CENTER

Did you know...

Cardiovascular disease is the leading cause of death in the United States



1 in every **3** deaths is from heart disease and stroke



■ **2,200** deaths per day
■ **66,000** deaths per month
■ **803,000** deaths per year

source: www.cdc.gov

Are you at risk?

47% of Americans have at least one risk factor for heart disease.

- High Blood Pressure
- High Cholesterol
- Diabetes
- Smoking or Tobacco Use
- Unhealthy Diet
- Physical Inactivity
- Obesity
- Too Much Alcohol
- Age
- Race or Ethnicity
- Genetics and Family History

Be Heart-Healthy

Any time is a great time to start taking steps to be heart-healthy.

- Prevent and control high blood pressure, high cholesterol, and diabetes
- Avoid smoking and secondhand smoke
- Limit alcohol use
- Maintain a healthy weight
- Be active
- Eat healthy

The Heart & Vascular Center

- Diagnosis and treatment of heart and vascular disease close to home
- Same-day appointments for cardiac symptoms
- No referral needed

For a complete list of services visit: apprhs.org/heart

To schedule an appointment, call **(828) 264-9664**