

Aim for



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.

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.

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.

Aim for 150 minutes of week of moderate-intensity physical activity

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 diabetes.