



Visualize The Risks



Heart Disease

Refers to a variety of heart related conditions. The most common heart disease in the United States is coronary artery disease.

- Tobacco Usage
- Second Hand Smoke
- Alcohol Usage
- Mental Health & Stress
- Poor Nutrition
- Higher Weight
- High Blood pressure
- High Cholesterol Levels
- High Blood Glucose Levels
- Diabetes
- Pre-Diabetic
- Physical Inactivity
- Lack of Adequate Sleep
- Comorbid or Preexisting Health Conditions



Heart Attack

A medical emergency in which the flow of blood through the arteries to the heart is blocked. This block is most commonly caused by a blood clot.

- Heart Disease
- High Blood Pressure
- Age (M 45+ F 55+)
- Tobacco Usage
- Secondhand Smoke
- Illicit Drug Usage
- Mental Health and Stress
- Poor Nutrition
- Higher Weight
- High Blood Pressure
- High Cholesterol
- History of Preeclampsia
- Previous Heart Attack
- Diabetes
- Metabolic Syndromes
- Physical Inactivity
- Autoimmune Conditions
- Family History



Stroke

A medical emergency in which the flow of blood to the brain is blocked. This is caused by a blocked or broken blood vessel.

- Heart Disease
- High Blood Pressure
- Age (55+)
- Tobacco Exposure
- Excess Alcohol Usage
- Illicit Drug Usage
- Mental Health and Stress
- Poor Nutrition
- Higher Weight
- High Blood pressure
- High Cholesterol
- High Red Blood Cell Count
- Abnormal Heart Rhythm
- Heart Abnormalities
- Previously had a Stroke
- History of TIAs
- Diabetes
- Physical Inactivity
- Taking Oral Contraceptives
- Family History