



## **Who is at risk of coronary disease?**

**Pretty much everyone, especially if you...**

- smoke or are exposed to second-hand smoke**
- have high cholesterol**
- are overweight**
- have high blood pressure**
- have an inactive lifestyle**
- waist size is over 35 inches for women, over 40 inches for men**
- family history of heart disease**
- are diabetic**
- men over 40**
- women over 50 & post-menopausal**

**(You can DO something about 6 of the 10 risks.)**