### Risk factors for heart disease:
- High cholesterol
- High blood pressure
- Diabetes
- Cigarette smoking
- Overweight or Obesity
- Poor diet
- Physical inactivity
- Alcohol use

### Tip for healthier living:
- Stop smoking
- Cut down on salt intake
- Eat healthier
- Reduce or eliminate alcohol use (limit to 1-2 drinks)
- Get active (30 minutes most days of the week)

### What can your pharmacist do for your heart health?
- Administer blood pressure tests
- Monitor for risk factors for heart disease
- Help you manage medications for blood pressure, diabetes, and cholesterol
- Provide more information and tips for healthier living

### Talk to your pharmacist about ways to be heart healthy!
* According to the Centers for Disease Control and Prevention

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