

# Changes You Can Make to Reduce Your Risk of **Heart Disease and Stroke**

Heart disease and stroke are the number one and three causes of death and disability in Illinois.

---



**Stop smoking**



**Be more physically active**



**Maintain a proper weight**



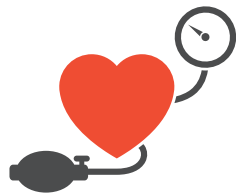
**Reduce stress and tension in your life**



**Eat a well-balanced diet**  
(high in fruits and vegetables and low in saturated fats and cholesterol)



**Visit your healthcare provider for a regular medical checkup**



**Have your blood pressure checked regularly**



**Limit your intake of alcohol and caffeine**

---

For More Information Visit: [idph.state.il.us/heartstroke/](https://idph.state.il.us/heartstroke/)



BEST HOME HEALTHCARE NETWORK  
PATIENT SAFETY. FIRST.

312-461-1700 | [bhcare.com](https://bhcare.com)