

My Risk Factors for Cardiovascular Disease

The more risk factors you have, the more likely you are to be at risk for cardiovascular disease, kidney disease, and nerve damage. That's why it's important to control your risk factors.

Check the risk factors you have below and talk with your health care provider about ways you can control them.

- High blood pressure
- High LDL “bad” cholesterol
- High triglycerides
- Being overweight or obese
- Unhealthy eating
- Low levels of physical activity
- Diabetes or unmanaged blood glucose
- Smoking