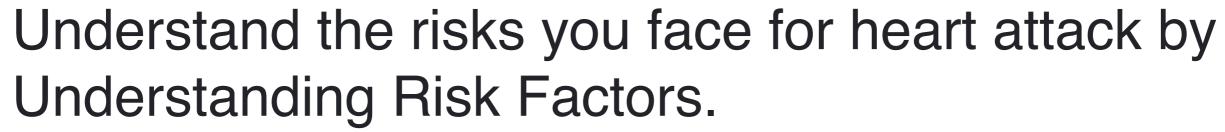
Coronary heart disease – a common term for the buildup of plaque in the heart's arteries that could lead to heart attack.

Knowledge is Power.



This is a great calculator: **See Mayo Clinic Risk Calculator**. Everyone is at risk. I have a 21% risk.

The more risk factors you have the higher your chance of developing coronary heart disease There are three broad categories: Major, Modifiable, and Contributing risk factors

We want you to focus on the Modifiable Ones.

