

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.

Understand the risks you face for heart attack by Understanding Risk Factors.

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.