Ways to take action

- Add a healthy diet to your lifestyle and consider your daily exercise
- Monitor your blood pressure and cholesterol levels
- Eat a variety of foods
- Check with your doctor

Alcohol

Many high-risk lifestyle factors are under your control. For example, you can reduce your Framingham risk score by quitting smoking, losing weight, and exercising regularly. You can also reduce your blood pressure by: 

- Adding a healthy diet to your lifestyle and considering daily exercise
- Monitoring your blood pressure and cholesterol levels
- Eating a variety of foods
- Checking with your doctor

Diet

- A healthy diet can help lower cholesterol levels. For example, the Mediterranean diet is rich in fruits, vegetables, and whole grains and low in saturated fat and cholesterol.
- The DASH diet is another healthy diet that can help lower blood pressure and cholesterol levels.

Stay in mind

- The American Heart Association recommends that adults should eat a healthy diet, consult a doctor, and exercise regularly to reduce their risk of heart disease.
- The National Institutes of Health recommends that adults should eat a healthy diet, consult a doctor, and exercise regularly to reduce their risk of heart disease.

Note: This information is intended to educate patients and is not a substitute for professional medical advice. Always consult your doctor before making any changes to your diet or exercise routine.