



I Think I Am at Risk for Cardiovascular Disease

According to American Heart Association statistics, an estimated 1 in 3 American adults has one or more types of cardiovascular disease. Heart disease is a silent killer, and sadly, a heart attack is often the first symptom. Even if you feel healthy, you should consider speaking with a cardiologist if you have any of the following risk factors. We can determine your level of risk, and if needed, create a plan to lower your risk.

Common risk factors

- Family history of coronary disease or heart attack
- High blood pressure
- High cholesterol
- Diabetes
- Physical inactivity
- Obesity/being overweight
- Smoking
- Age of 65 or older

Make an appointment by calling (480) 641-5400 or through our secure patient portal.