



Assessing Your Risk for Cardiovascular Disease

Cardiovascular disease affects approximately one in three American adults, according to the American Heart Association. Often referred to as a silent killer, heart disease can manifest suddenly, with a heart attack being the first noticeable symptom. Even if you feel healthy, it's important to consult a cardiologist if you have any of the following risk factors. We can assess your risk level and, if necessary, develop a plan to reduce it.

Common Risk Factors

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

To schedule an appointment, please call (480) 641-5400 or our new patient line at (480) 654-7121. You can also use our secure patient portal.