

# YOUR HEART

## Know More About A Deadly Silent Disease<sup>®</sup>

(NAPSA)—Atherosclerosis—also known as hardening of the arteries—is often a silent disease, with no visible signs or symptoms. Yet atherosclerosis is the primary cause of coronary heart disease and stroke. Those conditions kill more Americans each year than all cancers combined. That's why it is important to work with your doctor to identify your risk factors.

While the disease is silent, its cost speaks volumes. It's estimated that treating coronary heart disease and stroke costs \$221.9 billion annually. High cholesterol is the leading cause of atherosclerosis.

When there's too much cholesterol in the blood, it can build up in the walls of the arteries and form plaque. Over time, plaque can harden, clog and narrow your arteries, causing a heart attack or stroke. Some other risk factors include smoking, high blood pressure, lack of exercise and unhealthy eating habits.

Family history can also play a role. If changes in lifestyle don't reduce your risk, your doctor may recommend one or more drugs designed to slow, or sometimes even reverse, the effects of atherosclerosis.

Some common choices include cholesterol lowering medications—such as statins; anti-platelet medications and anti-coagulants designed to reduce clotting; and medications to control blood pressure.

To learn more visit [www.SeniorsForCures.org](http://www.SeniorsForCures.org) and download a copy of What You Need to Know About Atherosclerosis.