



**Lutheran  
Medical Center**

**Diagnostic Cardiology Center**



**What are Your Chances of  
Getting Heart Disease?**

**The more risk factors you have, the greater your chance of developing heart disease.**

### **Risk Factors You Can't Control**

- Age
- Family History

### **Risk Factors You Can Control**

- Being Overweight
- Diabetes
- Drinking Alcohol in Excess
- High Blood Pressure
- High Cholesterol
- Physical Inactivity
- Smoking
- Stress

If you have any of the above risk factors talk to your *Lutheran HealthCare Physician*. To find a physician or for additional information visit our website at:

[www.LutheranHealthCare.org](http://www.LutheranHealthCare.org)

or call us at:

**718-630-RXRX (7979)**

Lutheran accepts most insurance plans. For patients without insurance, a sliding fee scale or payment plans are available. We can help you to apply for low cost or free insurance if you qualify. For more information, please call our Patient Service Associates at 718-630-6252 for free and private help.



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