Hormones are powerful chemical messengers that play a role in virtually all major body systems and functions including your cardiovascular system.

Cardiovascular Risk

Cardiovascular Risk Factors

- High Blood Pressure (Hypertension)
- High Cholesterol
- Diabetes
- Smoking
- Physical inactivity
- Obesity
- Family history of heart disease

Risk Assessment

- Age
- Gender
- Smoking
- Blood pressure
- Cholesterol levels
- Family history of heart disease

How is Hormone Imbalance associated with Heart Disease?

Cardiometabolic Risk Factors

- High Blood Pressure (Hypertension) — increases the chance of heart failure and stroke
- High Cholesterol — increases the chance of heart attack and stroke
- Diabetes — increases the risk of developing heart disease, stroke, and peripheral artery disease
- Smoking — increases the risk of heart attack and stroke
- Physical inactivity — increases the risk of heart disease and stroke
- Obesity — increases the risk of heart disease and stroke
- Family history of heart disease — increases the risk of heart disease and stroke

A three minute cardiovascular assessment will provide valuable information to determine your risk for cardiovascular related disease. Make an appointment with your doctor today.