

80 WORDS, 30 SECONDS

HEALTH AWARENESS

CARDIOVASCULAR DISEASE, OR C-V-D, IS THE LEADING CAUSE OF DEATH IN THE UNITED STATES. BUT YOU CAN TAKE STEPS TO PREVENT C-V-D. START BY KNOWING YOUR RISK FACTORS, SUCH AS HIGH BLOOD PRESSURE OR HIGH CHOLESTEROL. TALK WITH YOUR DOCTOR ABOUT ANY CHANGES YOU CAN MAKE TO IMPROVE YOUR HEART HEALTH. AND ASK ABOUT THE LATEST HEART HEALTH RECOMMENDATIONS FROM THE U-S PREVENTIVE SERVICES TASK FORCE—AN INDEPENDENT GROUP OF NATIONAL EXPERTS IN DISEASE PREVENTION. OR VISIT U-S-PREVENTIVE-SERVICES-TASK-FORCE--DOT--ORG AND SEARCH C-V-D.