

DO YOU...

SMOKE?

USE ORAL
CONTRACEPTIVES?

HAVE
DIABETES?

HAVE TROUBLE
MAINTAINING A
HEALTHY WEIGHT?

HAVE A FAMILY
HISTORY OF
CARDIOVASCULAR
DISEASE?

HAVE HIGH
CHOLESTEROL?

HAVE HYPERTENSION?

**IF YOU ANSWERED "YES" TO ONE
OR MORE OF THESE QUESTIONS, THEN**

YOU ARE AT RISK FOR VASCULAR DISEASE.

Fortunately, there are several preventive measures you can take to decrease your risk for developing vascular disease. Talk with your podiatrist today to find out more about your risk for vascular disease and form a preventive treatment plan that's right for you!



NEW YORK STATE
PODIATRIC MEDICAL ASSOCIATION

