

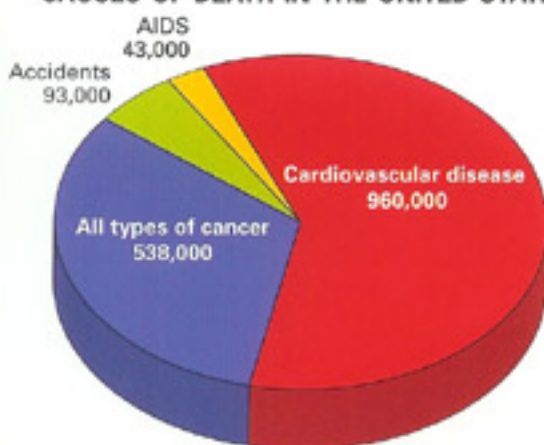


What do you know about cardiovascular disease?

Like everyone else, you are undoubtedly aware that cardiovascular disease is a major health problem in this country. However, you may not realize just how serious the problem is:

- Cardiovascular disease (including heart attack and stroke) is the leading cause of death in the United States, claiming nearly 1 million lives each year.
- Over 50 million people in this country suffer from high blood pressure, a major risk factor for cardiovascular disease.
- Almost 14 million Americans have coronary artery disease, while 4 million have experienced a stroke.
- Nearly one in every two people in this country will die of cardiovascular disease.

CAUSES OF DEATH IN THE UNITED STATES*



* 1995 mortality, final data.

Source: American Heart Association, 1998, and the National Center for Health Statistics.

Secret of the heart #1:

What you don't know can hurt you.

There are crucial facts about this disease you may not know, facts that could help you protect yourself from its devastating effects:

- Cardiovascular disease is an "equal opportunity" killer. Whether you are male or female, and no matter what your race or ethnic group, you are not immune. Like everyone, you can benefit from a careful assessment of your own risk for cardiovascular disease.
- Cardiovascular disease can begin in childhood and progress *silently* through adulthood in the body. Sometimes, the first sign of heart disease is a serious heart attack, stroke, or even sudden death.
- Early detection can give you a crucial opportunity to reverse or slow the progression of the disease through changes in diet and exercise habits, stress management, or the use of preventive medication. With early detection, knowledge truly is power.
- The level of risk for developing cardiovascular disease in adults with no symptoms can often be revealed by simple blood testing available through your doctor and Quest Diagnostics.