



St. John Ambulance

## Risk Factors for a

# HEART ATTACK



There are **two types of risk factors for cardiovascular issues: CONTROLLABLE and UNCONTROLLABLE.**

Focus on managing the controllable risk factors, especially if you identify with many of the uncontrollable ones.

### UNCONTROLLABLE



A family history of heart disease



Medical conditions like diabetes



Your individual ethnic heritage

Gender



Increasing age

### CONTROLLABLE

Diet



High blood cholesterol

High blood pressure



Physical inactivity



Obesity



Stress

Alcohol consumption



Tobacco use/exposure

For more information about first aid, visit [sja.ca](http://sja.ca)