

# *Your Health Matters*

## Cardiovascular diseases (CVDs)



# 80%

of CVDs could be prevented by  
eliminating health risk behaviours (1)

Cessation of tobacco use, reduction of salt in the diet, eating more fruit and vegetables, regular physical activity and avoiding harmful use of alcohol have been shown to reduce the risk of cardiovascular disease. (2)



**SAY NO**



**EAT WELL**



**GET  
ACTIVE**



**LESS  
ALCOHOL**

This material (GLO-CV-08/2025-12) is intended solely for the general information. It is not to be used for treatment or diagnostic purposes, but rather for discussion with the patient's own physician. The information contained herein is neither intended to dictate what constitutes reasonable, appropriate or best care for any given health issue, nor is it intended to be used as a substitute for the independent judgment of a physician for any given health issue.

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