

NOT SURE IF YOU ARE AT RISK FOR VASCULAR DISEASE?

Take this quick quiz to find out!

Assessing Your Risk for Vascular Disease: Do you...



1. Smoke?

YES

NO



2. Have cardiovascular disease or a family history of cardiovascular disease?

YES

NO



3. Use oral contraceptives?

YES

NO



4. Have high cholesterol or blood pressure?

YES

NO



5. Have a history of obesity or difficulty maintaining a healthy weight?

YES

NO



6. Have diabetes?

YES

NO

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!