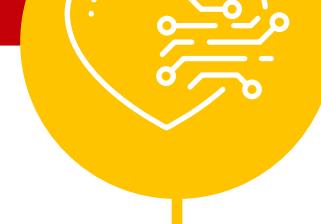




Weill Cornell Medicine

Decoding Your Genetic Risk for Heart Disease



Heart disease is the leading cause of death in the U.S. By uncovering the genetic patterns in your family history, you can identify hidden risks and create a plan for lifelong heart health.



The Genetic Connection



Family History

A family history of heart disease, which includes coronary artery disease and atrial fibrillation, significantly increases your own risk.



Hereditary Conditions

Hypertrophic cardiomyopathy (HCM), a leading cause of sudden cardiac death, is the most common genetic heart disease. It causes the heart muscle to thicken, making it harder to pump blood.

Familial hypercholesterolemia is another inherited condition, causing extremely high cholesterol and increasing the risk of heart disease.



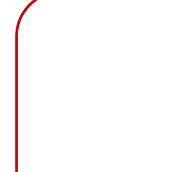
Health Conditions

Managing high blood pressure, high cholesterol, diabetes and obesity is crucial for preventing coronary artery disease.



Family Patterns

Having parents, siblings, aunts and uncles with heart disease can make you more likely to have heart disease.

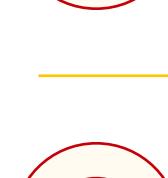


Lifestyle Habits

An unhealthy diet and lack of physical activity can lead to heart disease.



The Warning Signs



Track

Know your family's health history and share it with your care team. Consider genetic testing and counseling to better understand your risk of inherited heart disease.



Plan

Work with a doctor to create a personalized prevention plan, including treatment for hereditary conditions.



Commit

Make small, sustainable changes to your exercise and eating habits to minimize your risk of developing heart disease.

Taking the Lead



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Visit weillcornell.org/doctors to connect with a provider who can help you understand your risk and protect your heart.