



## VOXHEART – Heart Disease Report

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### Medical Advice

- Your cholesterol is mildly elevated; reduce saturated fats & fried foods.
- Overweight: Aim for 5-10% body weight loss to improve heart health.

### Lifestyle Tips

- Smoking increases heart risk; seek a quitting program or support group.
- Abstaining from alcohol benefits your heart.
- Try 30 min brisk walking at least 5 days a week.
- Annual cardiovascular screenings are recommended after age 50.