



How old is your heart?

Couch potatoes, beware:

Bad health habits can make you look older, but did you know they can age your heart, too? Simple factors like diet and lack of exercise can add years to your most vital organ.



Your age vs. your heart age

Let's say you're 45 and in good shape, but you:

- Smoke
- Have high blood pressure
- Have diabetes

YOUR AGE:

45



YOUR HEART AGE:

75



7 ways you'll age your heart



High blood pressure



High cholesterol



Diabetes



Obesity



Smoking



Poor diet without fruits and vegetables



Lack of physical activity

Scary stats

1 in 2 men

have a heart age 5 or more years older than their chronological age.



2 in 5 women

have a heart age 5 or more years older than their actual age.

3 in 4 heart attacks

and strokes are due to risk factors that increase heart age.



But there's hope

Find out your heart's age — and learn tips to help keep it young — with the CDC's online calculator:

cdc.gov/vitalsigns/heartage

From the expert

"If your chronological age is a car, your heart age shows how much it's been driven and under what conditions. Your car may be new, but if you drive many miles through rough terrain, it will 'age' faster."



— Dr. Nassir Azimi, cardiologist affiliated with Sharp Grossmont Hospital