

TIC TAC RISK

For Peripheral Vascular Disease

Once you have completed your health maintenance assessments, play the Tic Tac Risk game. For every risk factor you have, place an "X" in the box over the risk factor. Three "Xs" in a row, places you at a greater risk for developing the disease. If you find yourself at risk for this disease, or you presently have the disease, look below for the health action you can take to reduce your risk for the disease or to preserve function and quality of life.

Diet High in Fat Low in Fiber	Physical Inactivity	Hyperlipidemia
Thrombosis/ Varicose Veins	Diabetes	Obesity
Hypertension	Raynaud's Syndrome	Cardiovascular Disease

Decrease your risks
with management &
prevention:

- Perform circulation exercises for lower legs 2-3 times per day
- Walk daily, gradually increasing distance
- Consume a diet low in fat, high in fiber
- Limit Alcohol Intake
- No Smoking

The Northeastern Region of the
American Heart Association
supports FitScript™ as a means of
health promotion among
senior, child, and adult
populations.



© 1999 Millennium Health Publications

Millennium™ Health Publications, 14 Captains Boulevard, Waterford, NY 12188 518.383.9133
www.millenniumhealthpub.com