

Cardiovascular Care and Obesity

Heart health is influenced by many factors, including body weight. Obesity is a chronic disease influenced by genetics, environment, and behavior, and managing these factors together can help support overall cardiovascular health.



Other conditions that you may have that also raise your risk of cardiovascular disease:



Type 2 diabetes



High blood pressure



High cholesterol



Chronic kidney disease

Ways to support heart health when living with obesity may include:



Optimizing Eating Pattern



Increasing Physical Activity



Supporting Emotional Well-being



Using Obesity Medications When Appropriate



Considering Metabolic or Bariatric Surgery



Managing Blood Glucose



Managing Blood Pressure



Managing Cholesterol and Triglycerides

Talk with your healthcare team about:



- A personalized plan that fits your health needs, preferences, and goals
- The heart health goals that matter most to you
- Strategies that support your health and fit your daily life
- Whether medications or other treatments may help you reach your goals
- Connecting with healthcare professionals and resources that can support you along the way