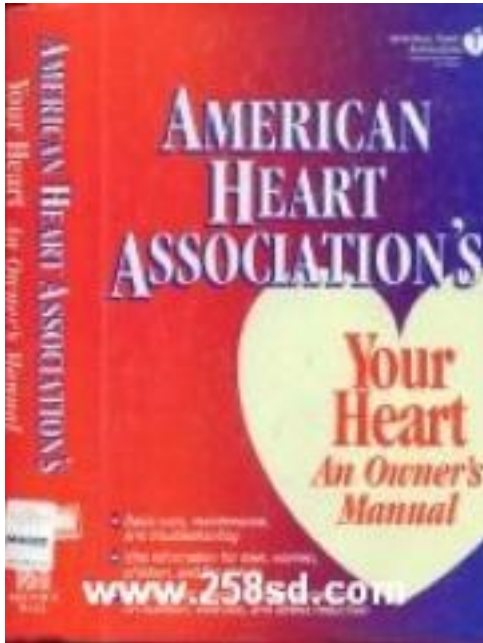


# American Heart Association's Your Heart: An Owner's Manual



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oli¼ ang at Your MoOel<br>omobiles come in all shapes¼ sizes¼ and colors¼<br>much like people. Different features like engine design¼ size¼<br>manufacturing flaws¼ fuel injection¼ or turbo power also distin-<br>guish car engines from one another. These features determine<br>how well an engine performs.<br>Your heart and physiology have unique features that indi-<br>cate how well your \"engine\" will perform. These are called<br>heart disease risk factors. These risk factors are linked to an<br>increased risk of developing heart disease. And heart disease<br>greatly diminishes the chance that your heart will perform at an<br>optimal level throughout your lifetime.<br>The American Heart Association has

identified the follow-<br>in~ maior risk factors for heart disease:<br>

作者介绍:

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