

ONE DAY AT A TIME

AVOID THE RISKS

ARE YOU PLAYING RUSSIAN ROULETTE
WITH YOUR LIFE??? CHECK THE RISK FACTORS

OBESITY HYPERTENSION

HIGH STRESS LIVING AND WORKING

POOR DIET SMOKING

LACK OF NUTRITIONAL SUPPLEMENTS

LACK OF EXERCISE

FEAR & ANGER SLEEP PROBLEMS

ABSENCE OF HOBBIES–ACTIVITIES

SELF-DESTRUCTIVE BEHAVIOR

POOR MEDICAL FOLLOW-UP

LOSS OF MUSCLE MASS

CHECK YOURSELF OUT