



# YOUR HEART'S Real Age MATTERS

## WHAT'S AGING YOUR HEART?



TAKE THE  
QUIZ NOW

Find a cardiologist today.  
[FranciscanHealth.org/HeartCare](https://FranciscanHealth.org/HeartCare)

Chances are, you know someone who has had a heart attack. And its impact is never felt just by the patient, but everyone who loves them.

When it comes to knowing your personal risk for developing heart disease, it's better to know than not. This way you can start decreasing your risk over time. Take a **free, personalized quiz** to find out your heart's real age and the steps you can take to minimize your risk of a heart attack.



Franciscan HEALTH