

Four goals for living well with vascular disease

the **V4**
for vascular
health

When it comes to treating diseases that affect your heart and blood vessels, four is the magic number. Reaching the four treatment goals that make up the V4 not only lowers your risk for serious health problems like hardened arteries and strokes, it puts you on a path to better health. Ask your doctor or health care provider how you can achieve success with the V4.

The V4 are recommended goals for patients with vascular disease. Your goals may be different based on your individual needs. Talk with your doctor or health care provider about the V4 goals that are right for you.

1

BLOOD PRESSURE GOAL
BP less than 140/90mmHg

2

CHOLESTEROL GOAL
Statin use as recommended

3

TOBACCO FREE GOAL

4

ASPIRIN GOAL
As recommended

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