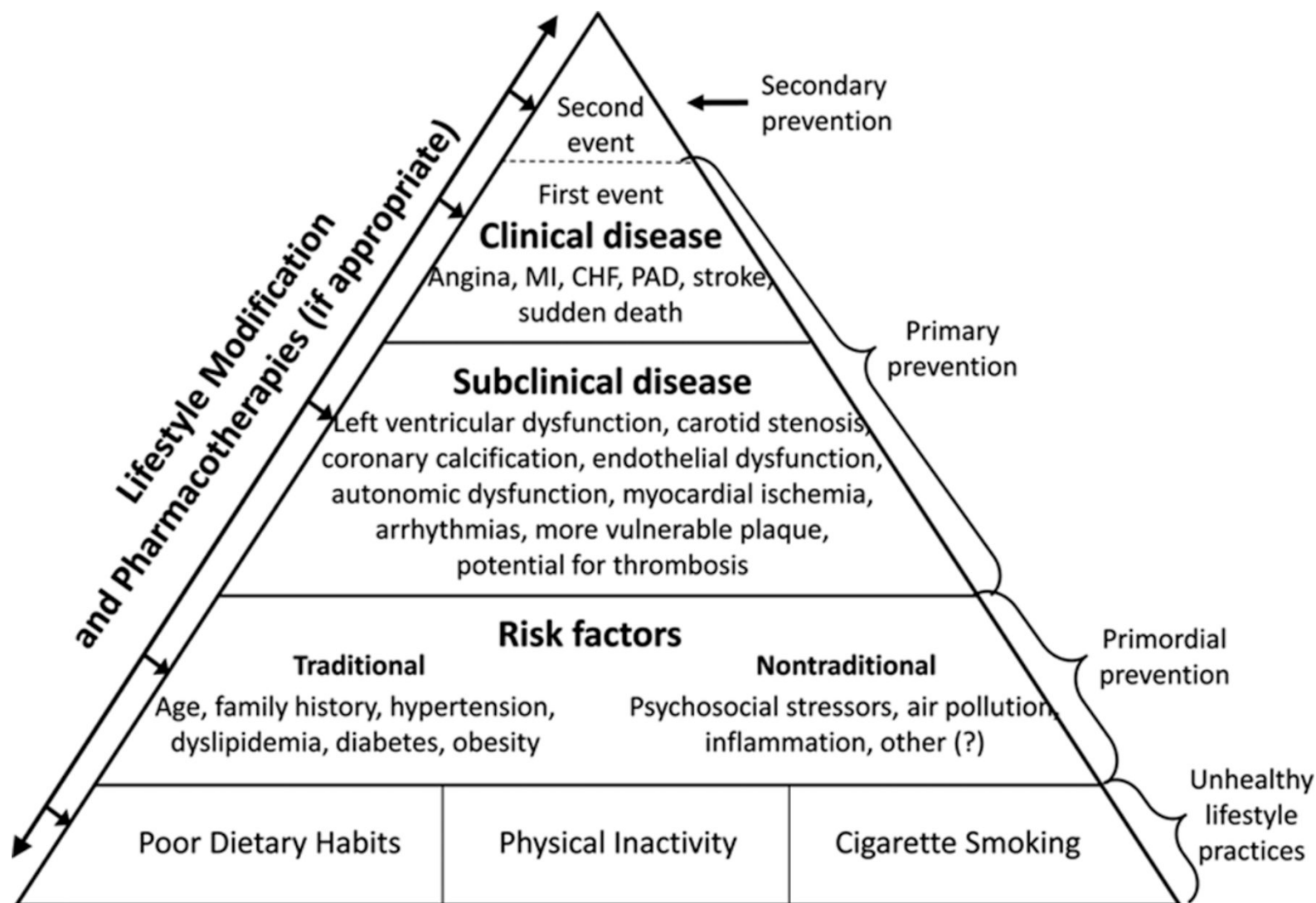
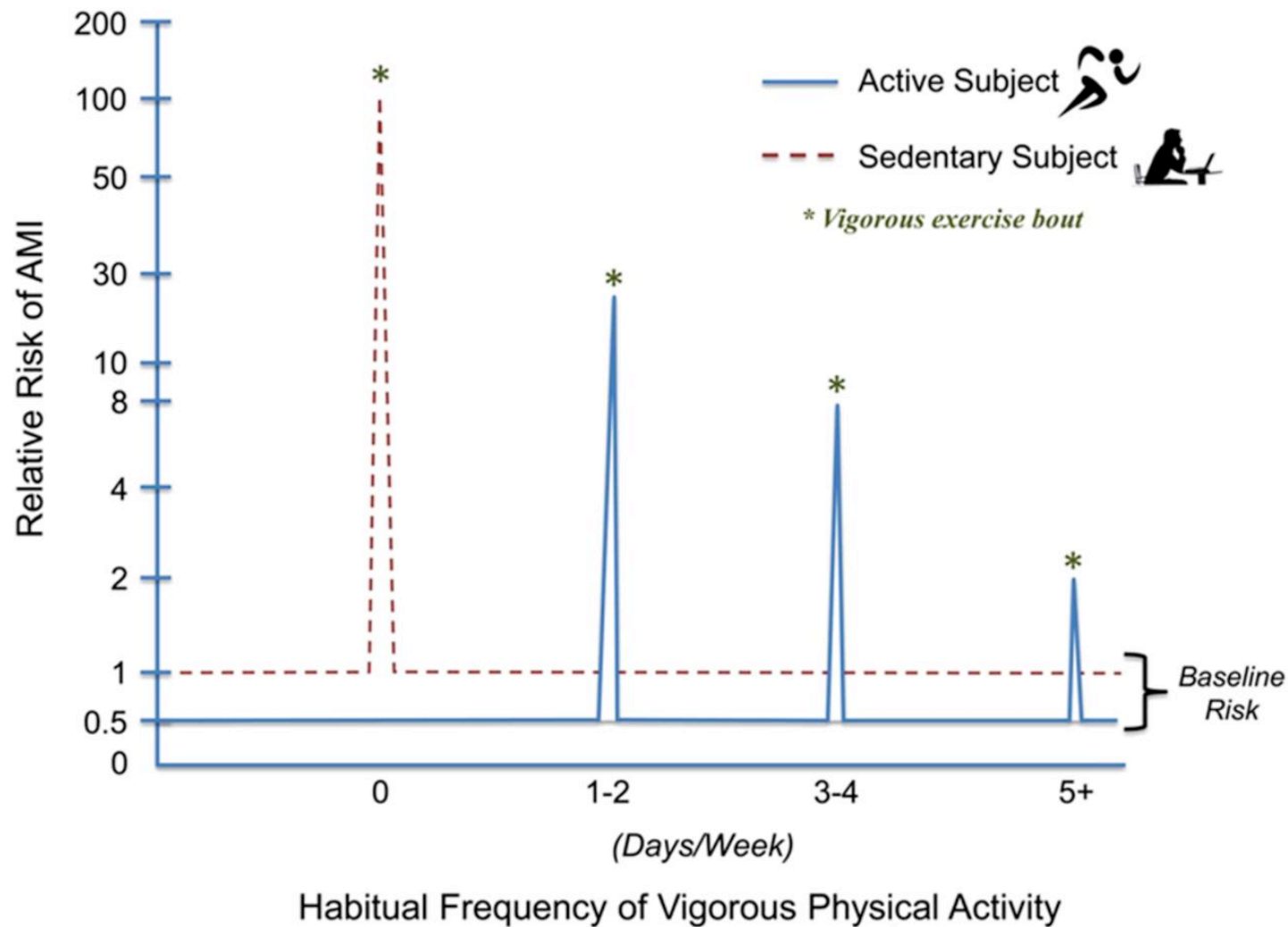


The evolutionary cardiovascular disease pyramid



Unhealthy lifestyle practices lead to risk factors, the progression of cardiovascular disease, and ultimately, adverse outcomes or clinical end points. The first-line strategy to prevent initial or recurrent cardiac events is to favorably modify unhealthy lifestyle habits, including cigarette smoking and poor dietary habits and physical inactivity. In 2000, these habits were responsible for an estimated 435 000 and 365 000 deaths, respectively. CHF indicates congestive heart failure; MI, myocardial infarction; and PAD, peripheral arterial disease. Adapted from Mozaffarian et al and Franklin and Cushman.

Relative risk of acute myocardial infarction (AMI)



Relative risk of acute myocardial infarction (AMI) at rest and during vigorous physical exertion (≥ 6 metabolic equivalents) in sedentary and physically active individuals, with specific reference to the habitual frequency of vigorous exertion (days/week).