

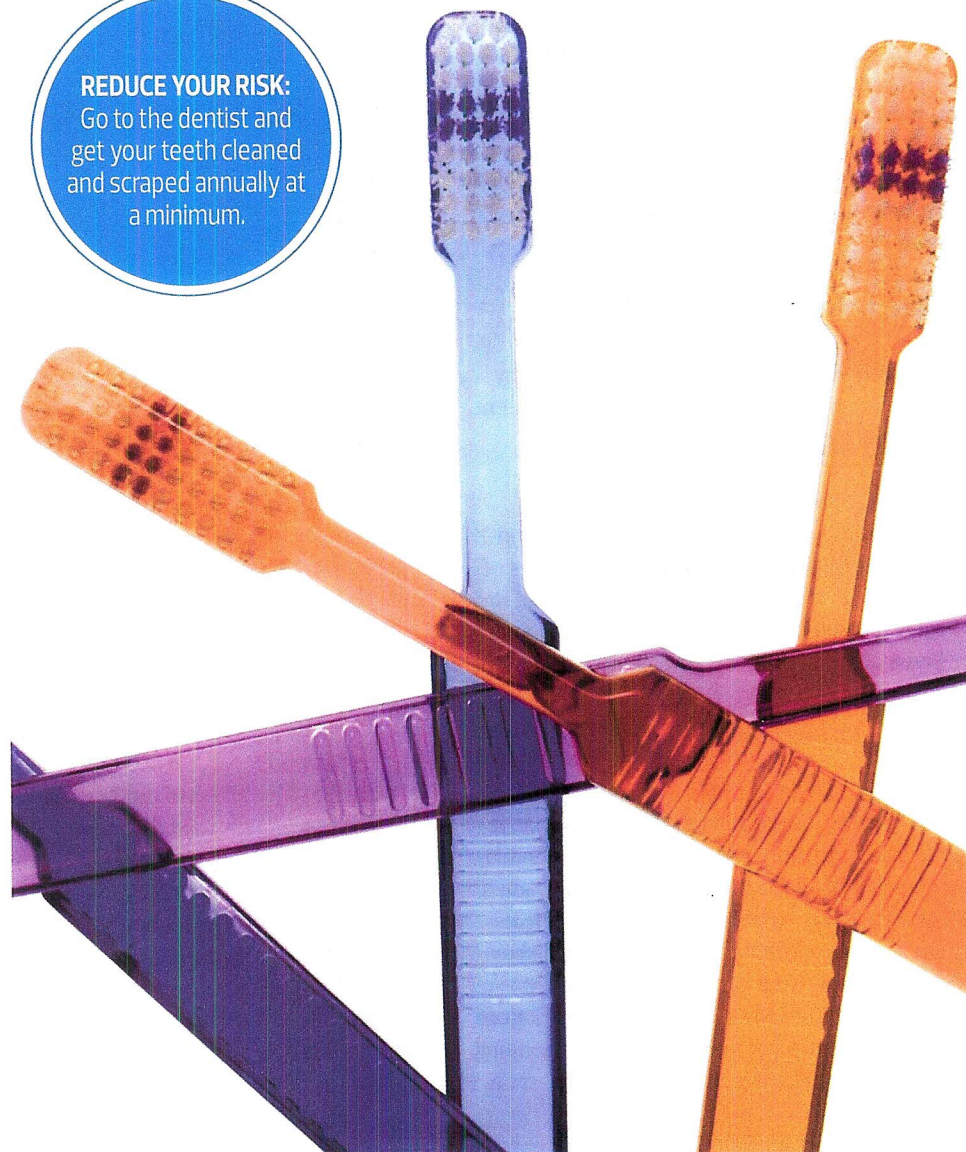
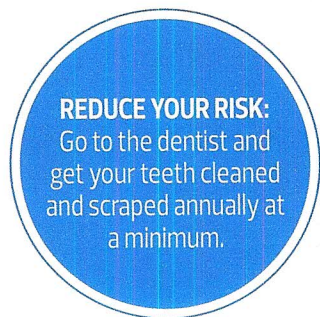
13 SURPRISING RISK-RAISERS FOR HEART DISEASE AND STROKE

BY PEGGY J. NOONAN
FOR USA TODAY

Most of us have a pretty good idea of what experts say we should do to reduce our risk of heart disease and stroke.

Be active. Keep your weight down. Eat right. Stop smoking. Manage your blood pressure. Reduce your cholesterol. And watch your blood sugar.

The usual suspects in heart disease are so familiar they've almost become boring. But they're not the only things that can raise your risk. Here are 13 more you may not have heard of—until now.



SKIPPING DENTAL CLEANINGS

> A study of 100,000 people in Taiwan showed that people with no history of heart disease who had professional dental cleaning

at least once a year slashed their heart attack risk by 24 percent and their stroke risk by 13 percent compared with people who never had their teeth cleaned.

