

Prevention and early detection can protect your heart at any age



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Guest columnist

Heart disease doesn't discriminate. In fact, heart disease is the leading cause of death for men, women and people in most ethnic and racial groups in the United States. Valley cardiologists see patients as young as teenagers with significant heart disease risk factors and patients in their golden years who are managing advanced cardiovascular disease.

According to the American Heart Association's 2025 Heart Disease and Stroke Statistics Update, nearly half of all adults in the U.S. have some form of cardiovascular disease and the rates of hypertension and obesity continue to climb across all age groups. These alarming trends emphasize the need for proactive, preventative health measures at every stage of life. Early detection for cardiovascular health is a must.

Maintaining a healthy heart is a lifelong commitment. No matter how old you are, there are steps you can take to protect your heart and improve your overall health.

● **Teens: Build a Healthy Foundation.** While cardiovascular disease is rare in teens, early risk factors such as obesity, high blood pressure and poor diet can lay the groundwork for heart issues later in life. Regular wellness check-ups and healthy lifestyle habits, including exercise and a heart-healthy diet, are critical for young people.

● **Young Adults (20-30): The Silent Risks.** For young adults, stress, smoking and undiagnosed high blood pressure or cholesterol issues are common factors that often go unnoticed. Routine health screenings can help catch these silent killers early, allowing individuals to address them before they escalate.

● **Women in Perimenopause/Menopause: A Unique Challenge.** Hormonal changes during perimenopause and menopause increase the risk of car-

diovascular disease in women. Conditions like hypertension and rising cholesterol levels often develop during this time. Heart health screenings, paired with lifestyle modifications like exercise and low-fat and low-sodium diets, can help women manage these risks effectively.

● **Men Aged 35-50: The Danger Zone.** For men in their mid-30s to early 50s, the combination of a sedentary lifestyle, work-related stress and poor dietary habits can lead to high blood pressure and early signs of coronary artery disease. Regular screenings for blood pressure, cholesterol and stress levels are vital for this age group.

● **Seniors Over 60: Managing Chronic Conditions.** As people age, the likelihood of developing conditions like atrial fibrillation (AFib), heart failure and coronary artery disease increases. For seniors, routine check-ups and management for chronic conditions through medication and lifestyle changes are essential to maintaining quality of life.

On a good note, advances in clinical diagnosis and treatment for cardiovascular illness have increased significantly over the past two decades, which helps lessen the burden of heart disease over time. However, there is still more work that needs to be done to treat major risk factors for heart attacks and strokes, including reducing obesity rates and minimizing and treating high blood pressure and diabetes. Our objective at Tri-City Cardiology is to keep people healthy throughout their lifespan and place strong emphasis on early prevention and detection for all Valley residents.

Dr. Craig D. Robison is an interventional cardiologist dedicated to providing exceptional cardiovascular care, with a deep-rooted passion for improving patients' lives. He currently provides care at Tri-City Cardiology in the East Valley. Tri-City Cardiology has been a trusted leader in cardiovascular care since 1979. For more information or to schedule an appointment, visit www.tricitycardiology.com or call (480) 835-6100.