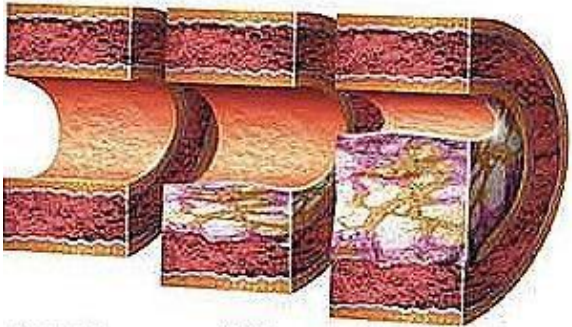


Circulation

Changes	Risk Factors [fill in missing information]	Support [fill in missing information]
 <p>Normal Artery Mild Atherosclerosis Severe Atherosclerosis</p>	<ul style="list-style-type: none"> • Advanced • Family • Lack of • Smo_____ • Obe_____ • High salt • Excessive pressure from blood pressure _____ can lead to _____ • Loss of elasticity in _____ blood vessels with build up of _____ 	<ul style="list-style-type: none"> • Undertake activities at appropriate • Watch for signs of • Allow enough time between • Avoid heavy • Regular _____ geared towards the individual's capability • Reduction or cessation of • Healthy eating: low _____ diets and decrease _____ foods • Adequate _____ amounts • Regular _____ exercise