

TAKE YOUR HEALTH TO HEART.

Cardiovascular diseases kill approximately one woman every minute.¹

Each year, about 55,000 more women than men have a stroke.¹ Almost 64 percent of women who die suddenly of coronary heart disease have no previous symptoms.² Still when there are symptoms for heart attacks, they can be different in women and men and are often misunderstood – even by some doctors.



The good news is 80% of heart disease and stroke events could be prevented.¹ Here are some things you can do to prevent or lower your risk of heart disease, whether you have symptoms or not:³

- › Quit smoking
- › Exercise regularly
- › Eat a healthy diet
- › Maintain a healthy weight
- › Limit alcohol use
- › Talk to your doctor about whether you should be tested for diabetes
- › Have a regular check of your cholesterol by your doctor
- › Monitor your blood pressure
- › Take medications prescribed by your doctor

Talk to your doctor to learn more about risks, warning signs and screenings.

For more information, visit Go Red for Women at <https://www.goredforwomen.org/#>

1. "Go Red For Women Fact Sheet" American Heart Association, accessed Nov. 18, 2014, https://www.goredforwomen.org/wearredday/documents/2015/Promotional_Materials/2015_Go_Red_For_Women_Fact_Sheet_FINAL_9-22-14.pdf
2. Roger VL, Go AS, Lloyd-Jones DM, Benjamin EJ, Berry JD, Borden WB, et al. Heart disease and stroke statistics – 2012 update: a report from the American Heart Association, accessed Nov. 17, 2014, http://www.cdc.gov/dhds/data_statistics/fact_sheets/fs_women_heart.htm Circulation. 2012;125(1):e2 – 220.
3. "Prevention: What Can You Do", May 9, 2013, National Center for Chronic Disease Prevention and Health Promotion, accessed Nov. 18, 2014, http://www.cdc.gov/heartdisease/what_you_can_do.htm

Together, all the way.SM



This is intended to be general health information and not medical advice or services. Consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

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