

Heart disease takes approximately one life every 36 seconds. While 1 in 31 women's deaths are the result of breast cancer, 1 in 3 women's deaths are the result of heart disease. Sadly, only 1 in 5 American women believe heart disease is their greatest health threat. Some tips are listed below to help you avoid heart disease and live a healthy life.



Statistics

- Heart disease is the number one killer of men and women and is more deadly than all forms of cancer combined.
- Heart disease causes 1 in 3 women's deaths each year, killing approximately one woman every minute.
- 90% of women have one or more risk factors for developing heart disease.
- An estimated 4.3 million women in the United States are affected by heart disease.

Eat a heart-healthy diet

- Choose foods that are low in salt or sodium.
- Limit foods that have saturated and trans fat. These foods raise the level of cholesterol in your blood which increases your risk of heart disease and stroke.
- Cut back on sugar (glucose, fructose, sucrose, and corn syrup)

Be physically active

- Try to get 150 minutes of moderate-intensity aerobic physical activity or 75 minutes of vigorous-intensity aerobic activity every week (or a combination of both)

Manage your health conditions

- Common problems like high blood pressure, diabetes, and high cholesterol can increase your risk for heart disease.
- Manage your medicines as directed. Do not stop taking your medicine until your doctor says that it's okay.
- If you have diabetes, check your blood sugar level.
- Get your blood pressure and cholesterol tested.
- Ask your doctor how you should manage your health conditions during pregnancy.

Know the signs of a heart attack

- Chest pain (heavy ache or pressure)
- Pain in your upper body (arms, neck, jaw, back, or upper stomach)
- Shortness of breath
- Breaking out in a cold sweat
- Unusual or unexplained tiredness
- Feeling dizzy or light-headed
- Nausea

**ADDITIONAL
RESOURCES**

**American Heart
Association**

goredforwomen.org
heart.org

**Center for
Disease Control
and Prevention**

cdc.gov/heartdisease

**The Heart
Foundation**

theheartfoundation.org

**Heart-Healthy
Diet: 8 steps to
Prevent Heart
Disease**

mayoclinic.org