

# Wear Red Day

## Did You Know

1 in 3 women die of heart disease and stroke each year.

## NATIONAL AWARENESS FOR WOMEN ABOUT HEART DISEASE

### Celebrate Women's Heart Health by Learning How to Decrease Your Risk

Join the nationwide movement and learn how you can educate your patients and women in your life on how to decrease their risk of heart disease. Although, there has been a lot of attention regarding Women's Heart Health, there are many women who are unaware of how to decrease their risk. Here are seven ways to help control your risk for heart disease:

**Get Active** – Most American's know that exercise is good for them, however nearly 70% do not get the needed physical activity, just thirty minutes a day will lower your risk.

**Control Cholesterol** – Control your cholesterol to give your veins and arteries the best chance of remaining clear of blockage. Blockage in the veins and arteries lead to heart disease and stroke, keeping them clear of blockage lowers your risk.

**Eat Better** – Eating heart healthy foods is the best weapon for fighting cardiovascular disease. A diet rich in high grain fiber, lean protein and vegetables will not only keep you feeling fuller longer but will also help lower your risk.

**Manage Blood Pressure** – High blood pressure is a major risk factor for heart disease and stroke. When blood pressure is kept within a healthy range there is less strain on vital organs including your heart and kidneys.

**Lose Weight** – Being overweight can lead to additional risk factors including high blood pressure, high cholesterol and diabetes. Losing weight, including decreasing your waist size will contribute to a decrease in many of the high risk factors for heart disease.

**Reduce Blood Sugar** – Speak to your physician regarding what a healthy blood sugar range is for you. Monitor and control your blood sugars so that they are within a healthy range.

**Stop Smoking** – Smokers have a high risk of developing cardiovascular disease, therefore quitting is the best option to lower your risk. Speak to your doctor regarding options on how to quit.

*For additional resources on how to decrease your risk of heart disease and help on how to quit smoking please visit: [www.heart.org](http://www.heart.org)*

## References

1. <http://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-disease-prevention/art-20046502>
2. <http://mylifecheck.heart.org/Multitab.aspx?NavID=3&CultureCode=en-US>