

KEYS TO BETTER HEALTH™

Women's Health

Did you know—heart disease kills more women than all forms of cancer combined¹? It is the number one killer of women, claiming approximately one woman's life every minute. Despite these statistics, only 1 in 5 women believe that heart disease is their biggest health threat².

Do You Know Your Risk Factors?

There are many things you can and can't control about developing heart disease. Knowing your risk factors and what you can do to prevent heart disease is one of the best defenses³.

Modifiable Risk Factors

- Poor Diet
- Physical Inactivity
- Obesity and Overweight
- Smoking
- Diabetes
- High Blood Pressure
- High Blood Cholesterol



Non-Modifiable Risk Factors

- Age
- Gender
- Family History

Do You Know the Signs?

Heart attack symptoms can be different for women than for men. Look for these signs outlined by the American Heart Association⁴.

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. This pain lasts more than a few minutes, or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

If you experience any of these signs, please call 911 immediately and get to a hospital right away.

What Can You Do to Reduce Your Heart Disease Risk?

Many of the modifiable risk factors for developing heart disease are centered on leading a more healthful lifestyle.

Take small steps today to prevent the development of heart disease.

- Follow a healthier eating plan. Not only will this help you with weight maintenance, but choosing foods that support your health can stave off the development of heart disease. Focus on increasing fruits, vegetables, whole grains, fish, and lean sources of protein in your diet while limiting the saturated fat, trans fat, sodium, and sugar you take in.
- Move your body. Aim for 30 minutes of moderate-intensity physical activity (such as brisk walking) five times (at least 2 ½ hours total) per week. If you're feeling strapped for time, break up the 30 minutes into 10 minute segments. Also, try to work in muscle-strengthening activities that work all of your muscle groups 2 days a week⁵.

Keys to Better Health™ offers a nutrition shelf-edge labeling program, which makes it easy for you to quickly identify healthy choices regardless of what diet you follow. When you're in our store, be on the lookout for our nutrition tags

Resources:

1. About Heart Disease in Women. Go Red for Women website. <https://www.goredforwomen.org/home/about-heart-disease-in-women/>. Accessed Jan.12, 2016.
2. Causes and Prevention of Heart Disease. Go Red for Women website. https://www.goredforwomen.org/about-heart-disease/facts_about_heart_disease_in_women-sub-category/causes-prevention/. Accessed January 12, 2016.
3. What are my risks for getting heart disease? American Heart Association website. http://www.heart.org/HEARTORG/GettingHealthy/What-Are-My-Risks-For-Getting-Heart-Disease-Infographic_UCM_443749_SubHomePage.jsp. Accessed January 12, 2016.
4. Heart Attack Symptoms in Women. American Heart Association website. http://www.heart.org/HEARTORG/Conditions/HeartAttack/WarningSignsofHeartAttack/Heart-Attack-Symptoms-in-Women_UCM_436448_Article.jsp#VpfRwfkKcG. Updated October 19, 2015. Accessed January 14, 2016.
5. Preventing Heart Disease- At Any Age. American Heart Association website. http://www.heart.org/HEARTORG/GettingHealthy/Preventing-Heart-Disease---At-Any-Age_UCM_442925_Article.jsp#VpfVmvkrKCh. Updated January 11, 2016. Accessed January 14, 2016.



Disclaimer: This information is intended for educational purposes only and does not replace advice from your doctor or health care provider. For individual recommendations, please consult with a doctor or registered dietitian.