



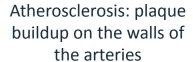
The Facts

- Cardiovascular disease is the #1 killer of women
- 90% of women have one or more risk factors for developing heart disease
- Since 1984, more women than men have died each year from heart disease
- The symptoms of heart disease can be different in men vs women

What Causes Heart Disease?

It happens over time...



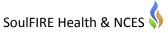




This causes the arteries to narrow, and makes it difficult for blood to flow



If a full clot forms, it can cause a heart attack or stroke



What are the symptoms? Don't ignore the Symptoms!

- General stroke symptoms: numbness or weakness in limbs or face, trouble speaking, vision issues, lack of coordination, severe headache with unknown cause.
- Additional stroke symptoms most common in women: overall weakness, confusion/ memory problems, nausea/ vomiting.
- General Heart attack symptoms: shortness: shortness of breath, nausea/ vomiting, jack or neck pain, tightness in the chest.
- Heart attack symptoms most common in women: fainting, indigestion, extreme fatigue, pain in the lower chest or upper abdomen.

- Some risk factors are preventable and others are not
- But with education and awareness, heart disease in women can be prevented and treated

How Can I prevent it?

Healthy lifestyle changes

- Don't smoke
- Manage your blood sugar
- Keep blood pressure under control
- Lower your cholesterol
- Manage your weight
- Eat a healthy diet





Where to Start

- It may not be realistic to make all lifestyle changes at once.
- Start small, set realistic goals you know you can achieve before moving on to the next.
- Small, consistent changes make a big difference in the long run.
- Focus on things you can control.





Make Nutrition a Priority

- Women are more likely to put the nutritional needs of others before their own
- A diet rich in fruits, vegetables, lean proteins, healthy fats and whole grains can dramatically reduce the risk of heart disease
- Simplify meal times: these eating habits can benefit people of all ages and genders - make this a priority for the whole family and you can all share the same food



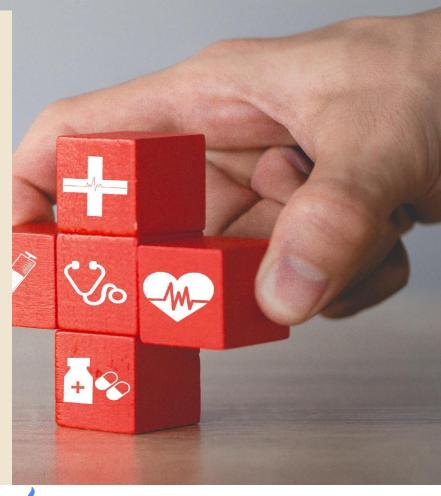
New Nutrition Behaviors

Aim for new eating behaviors:

- Fruits and Vegetables: 4.5 cups per day
- Fish: 3.5 oz serving twice per week
- Fiber rich whole grains: 3oz per day
- Nuts, legumes, seeds: 4 servings per week

Decrease the following:

- Added sodium
- Sugar & sweetened beverages
- Processed meats
- Saturated fat





Manage Stress

- Understand you feelings! Research indicates: How a woman feels about her roles at home and work can affect factors influencing heart health.
- Recognize Stress. Women who feel more stressed at work, or in their role as a caregiver, mother or spouse are more likely to have high blood pressure, be overweight and avoid healthy eating habits.
- The role of COVID 19! Quarantine increases stress and limits social support. Women are taking on more roles in the home.
 - Working from home
 - Caring for children
 - Remote school learning
 - Caring for older family members

Research shows:

- Women who felt their roles were rewarding were significantly more likely to be physically active and not smoke.
- Other high reward roles in our lives can help to reduce the negative health effects of stress.
- By seeking out more rewarding work opportunities and feeling fulfilled in roles at home, women can counterbalance their stress.
- Coping mechanisms such as finding a support system, exercise, healthy eating, and making time for your own needs can all help to reduce your stress level and improve heart health.

The Good News





Sources

- American Heart Association Articles Used:
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