



Show Support for Women's Heart Health Wear Red on February 3



Every February, the American Heart Association encourages everyone to wear red on the first Friday of the month to raise awareness about the importance of heart health in women. **Heart disease is the leading cause of death of women in the United States.**

Every 80 seconds a woman dies from heart disease, but about **80 percent of these deaths are preventable through education and action.**

How to tell if you're at risk for heart disease

High blood pressure, high LDL (low-density lipoprotein) cholesterol, and smoking are key risk factors. Other medical conditions and lifestyle choices can also put people at higher risk for heart disease, including:

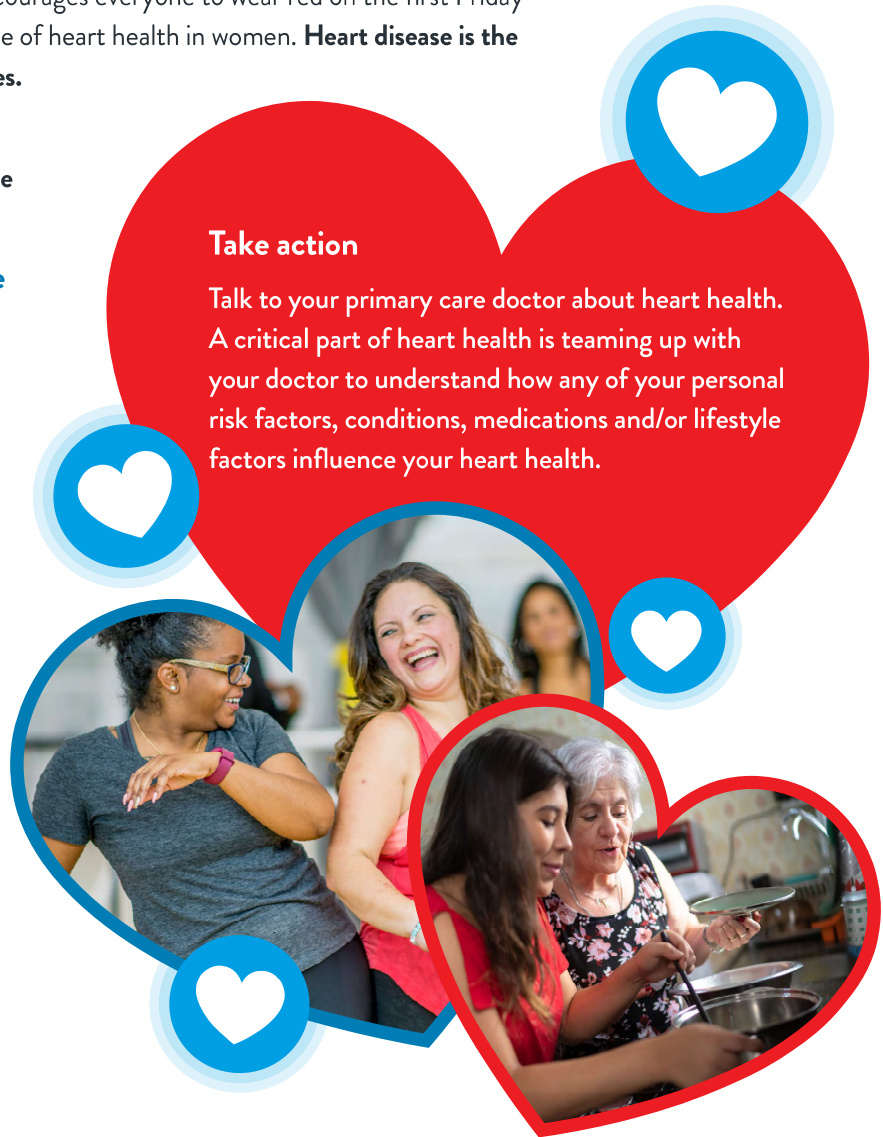
- Diabetes
- Being overweight
- Eating an unhealthy diet
- Physical inactivity
- Drinking too much alcohol
- Tobacco use

Steps you can take to reduce your risk

- Maintain a healthy weight
- Increase activity
- Develop an exercise routine
- Follow a healthy diet
- Quit tobacco
- Limit alcohol

Take action

Talk to your primary care doctor about heart health. A critical part of heart health is teaming up with your doctor to understand how any of your personal risk factors, conditions, medications and/or lifestyle factors influence your heart health.



Source: American Heart Association (2022). About Heart Disease in Women. <https://www.goredforwomen.org/en/about-heart-disease-in-women>

Source: Centers for Disease Control and Prevention (2020). Women and Heart Disease. <https://www.cdc.gov/heartdisease/women.htm>



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