

## Heart disease and stroke: Important facts for women

**It's not just a man's disease: heart disease and stroke are the leading cause of death among women, killing one in three.**

### Learn about Prevention

Most risk factors can be controlled, and women can reduce their risk of heart disease and stroke by as much as 80 per cent!

#### Risk factors you can't control:

- Family history
- Ethnicity
- Gender

#### Risk factors you can control:

- Smoking
- Inactivity
- High cholesterol
- High blood pressure
- Obesity
- Stress
- Diabetes

#### Here are three things you can do to reduce your risk:

**QUIT SMOKING** — Smoking is an addiction and quitting may be difficult, but with help and a plan, it may become easier. Quitting smoking will cut your risk of developing heart disease and stroke in half after just one year.

**MANAGE YOUR BLOOD PRESSURE** — High blood pressure is a major risk factor for heart attacks and stroke. Get tested every two years and keep sodium intake to 2,300 mg (1 teaspoon) per day.

**EXERCISE AND EAT RIGHT** — 30 minutes of exercise, seven to 10 servings of vegetables and fruits every day and limiting saturated and trans fats will put you on the right track.

### Know the Warning Signs

#### Six warning signs of a heart attack:

- Chest pain or discomfort
- Pain in the arm, neck, jaw, shoulder or back
- Nausea, indigestion or vomiting
- Sweating and/or cool, clammy skin
- Difficulty breathing
- Fear or anxiety

#### Five warning signs of a stroke:

Sudden:

- Weakness, numbness, or loss of muscle strength in face, arm or leg
- Trouble speaking
- Vision problems
- Severe headache
- Dizziness

If you experience ANY of these warning signs, call 9-1-1 or the emergency response number in your area immediately. Do not delay!

### Be Proactive

Talk to your doctor about your risk profile options for:

- High blood pressure
- High cholesterol
- Body mass index (BMI)
- Diabetes
- Smoking
- Stress

Get more information and support at [thehearttruth.ca](http://thehearttruth.ca)