

CARDIOVASCULAR DISEASE (CVD) PREVENTION

CVD is the number one killer of women in the United States.

- More than 500,000 women die of CVD every year-totaling more than the next 16 causes of death combined.
- Most women are far more afraid of breast cancer than CVD although CVD kills women ten times more than breast cancer.
- CVD (including heart attack, stroke, and high blood pressure) kills 250,000 more women every year than all forms of cancer combined.

What are the risk factors for CVD?

1. **AGE:** Women 55 & older.
2. **FAMILY HISTORY OF EARLY CORONARY HEART DISEASE:** Heart attack or sudden death before age 55 in father or brother, or before 65 in mother or sister.
3. **HYPERTENSION:** Even if treated with medication, although treatment reduces risk.
4. **DIABETES**
5. **CIGARETTE SMOKING**
6. **LOW HDL** (<35 mg/dl)

What can you do to prevent CVD?

- Quit smoking.
- Have your cholesterol checked regularly.
- Have your blood pressure checked regularly.
- Test for diabetes regularly.
- Eat a heart-healthy diet.
- Exercise at least 30 minutes most days of the week.
- Maintain a healthy weight.
- Talk to your doctor about ways to decrease your CVD risk.
- Visit www.americanheart.org to learn more about living a healthy lifestyle to prevent CVD.