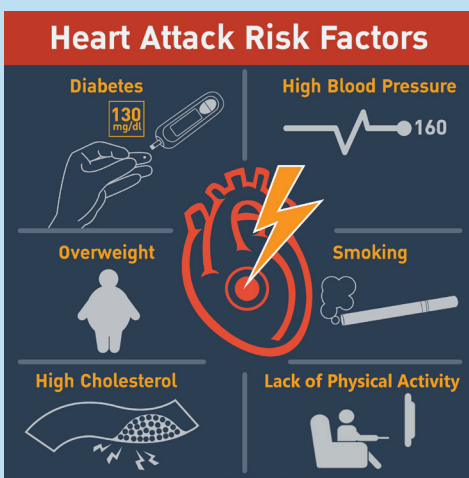


Women's Cardiovascular Health

Heart disease is the No. 1 cause of death for women in the United States – responsible for about one in every five female deaths.

The good news is that many heart attacks can be prevented. Take charge of your personal risk factors by understanding what you can and cannot control, and by making healthier lifestyle decisions.



Heart attack risk factors you can manage

Talk with your doctor about:

- Diabetes
- High blood pressure
- Obesity or being overweight
- Smoking
- High blood cholesterol
- Lack of regular physical activity

Heart attack risk factors you cannot control

While you can't change these factors, being aware of them will help you and your doctor evaluate your overall risk.

Age

Risk increases with age, although young people are not risk-free.

Gender

Endometriosis, polycystic ovary disease and pregnancy-related diabetes and high blood pressure increase risk of coronary artery disease.

Heredity

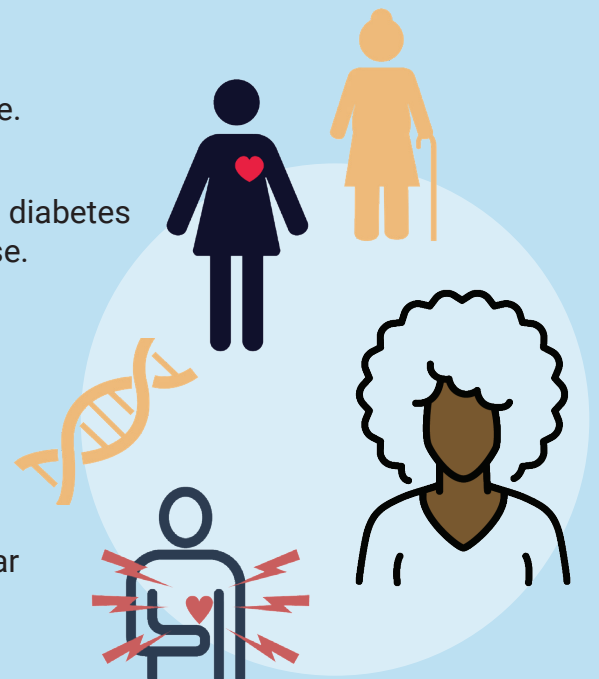
Risk factors are often inherited.

Race

African Americans are statistically more at risk.

Previous stroke or heart attack

Risks for new attacks can be especially high during the first year after a stroke or heart attack.



Take control, reduce your risk

Healthier choices can improve your overall well-being and reduce your risk for a heart attack.

Healthy eating

Healthy eating starts with the right food choices, and that means “[eating the rainbow](#)” – challenging yourself to eat fruits and vegetables of different colors.

The American Heart Association (AHA) recommends women include five servings of fruits and veggies in their daily diet.

The benefits of adding color

1. Fruits and vegetables provide many beneficial nutrients.
2. Fruits and vegetables are typically free of trans fat, saturated fat and sodium. So load up!
3. Fruits and vegetables are low in calories. They fill you up thanks to the fiber and water they contain, which can help manage your weight.
4. Fruits and vegetables are among the most versatile, convenient and affordable foods you can eat. Choose those with little or no added salt or sugar.
5. A healthy eating plan full of fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, obesity, high blood pressure, diabetes and some types of cancer.



Fitness

The AHA recommends that women and men exercise at least 150 minutes a week. If you have not started working out, now's the time to get moving to help reduce your chances of having a heart attack and help you manage the COVID stress you may be feeling.

The AHA has developed the [Move More At Home Workout Streaming Series](#) featuring guided mindful meditation, yoga, strength and cardio workouts, dance parties and more to help you put exercise into your day, any time.

[Check out the AHA YouTube channel for live and recorded events.](#)

Well onTarget assessment

Use this confidential [assessment tool](#) to better understand your personal risk for heart attack. Share the results with your doctor, and together you can develop a plan to boost your heart health.