Reduce Your Risk
A heart healthy lifestyle is the foundation to decrease your risk for cardiovascular disease. Think about small improvements you can make and build on them over time to achieve improved health.

Eat Heart Healthy
Incorporate more plant-based foods, whole grains, and healthy fats. Reduce intake of sodium, added sugars and meat, particularly red or processed meats.

Be Active
 Aim for 150 minutes of activity each week. If 30 minutes of daily continuous activity is challenging, consider three 10-minute sessions throughout the day.

Avoid Tobacco Exposure
Quitting smoking is the single best thing you can do for your health. Avoid chewing and secondhand smoke as well.

Practice Positive Actions to Manage Stress
Taking time to relax and unwind can help lower blood pressure and improve sleep.

Maintain a Strong Network of Family and Friends
Social connections have many health benefits, including improved mood and lower levels of anxiety and depression.

Sleep 7-8 Hours Each Night
Studies have shown that too little or too much sleep can increase your risk of heart disease.

Fill out the back side. Use it as a resource when talking with your doctor about what steps you should be taking to reduce your cardiovascular risks.
Take Note of Your Cardiovascular Risks

In addition to traditional CVD risk factors (high blood pressure, high cholesterol, diabetes), it’s important to understand all risks. Consider checking the risk factors you’d like to learn more about. Tear this portion off and use it to talk with your doctor about actions to reduce your risk.

Autoimmune Disorder
- Such as lupus and rheumatoid arthritis

Cancer Treatment

Depression

Menopause

Smoker (current or former)

Pregnancy Complications

High blood pressure during pregnancy, preeclampsia, gestational diabetes, delivered a preterm baby

Know Heart Attack Symptoms
Call 911 within 5 minutes if you experience any of these symptoms.

Chest Discomfort

Shortness of Breath

Discomfort or Radiating Pain

Sweating at Rest

Understanding Women’s Cardiovascular Disease (CVD) Cumulative Risk

Risk begins at birth and continues through all stages of a lifetime

Risk begins at birth and continues through all stages of a lifetime. Risk is cumulative, increases with age, and is impacted by many factors, including social realities.

**RISK FACTORS REGARDLESS OF AGE**
- Social Isolations/Loneliness
- Racism
- Session
- Educational Opportunities
- Access to Nutrition
- Access to Healthcare
- Socioeconomic Status
- Neighborhood

**SMOKING**
- Smoking causes 1 in 3 deaths from CVD

**YOUNG**
- Pregnancy weight gain lost
- Delivery premature or low birth-weight baby
- Less than 37 weeks or 5#, 8oz; ~1.5x increased risk of CVD

**MIDLIFE**
- Type 2 diabetes
- Link between cancer treatment and CVD

**LATER LIFE**
- High blood pressure
- Stroke: Greater risk for a stroke when you are 65+ years of age

**CANCER TREATMENT**
- Link between cancer treatment and CVD

**DEPRESSION**
- Higher incidence in young women; depression leads to greater risk

**TYPE 2 DIABETES**
- 2x more likely to have CVD

**PREGNANCY CONDITIONS**
- Preeclampsia, gestational diabetes and pregnancy-induced hypertension lead to higher risk

**RISKS**
- Smoker (current or former)
- Pregnancy Complications
- Cancer Treatment
- Depression
- Menopause

**RISK FACTORS BEYOND AGE**
This visual display is intended to depict heart disease risk factors across a woman’s lifetime. Risk is cumulative, increases with age, and is impacted by many factors, including social realities.