

Start where you are.  
Use what you have.  
Do what you can.

Arthur Ashe



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.

## 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.



### Maintain a Strong Network of Family and Friends

Social connections have many health benefits, including improved mood and lower levels of anxiety and depression.



### Avoid Tobacco Exposure

Quitting smoking is the single best thing you can do for your health. Avoid chewing and second-hand smoke as well.



### Practice Positive Actions to Manage Stress

Taking time to relax and unwind can help lower blood pressure and improve sleep.



### Sleep 7-8 Hours Each Night

Studies have shown that too little or too much sleep can increase your risk of heart disease.



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Understand Your  
Cardiovascular  
Risks and  
Take Care of  
Your Heart



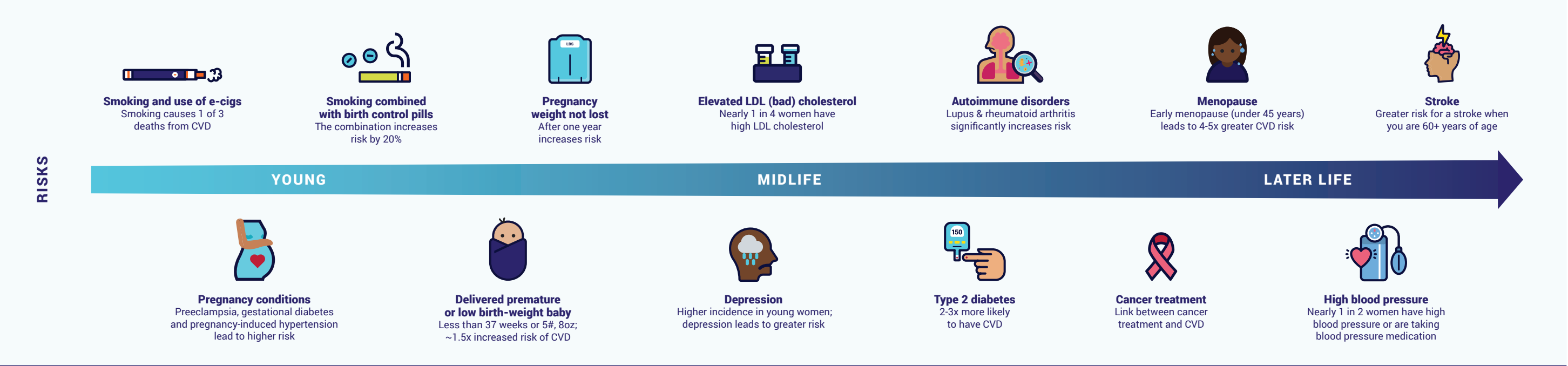
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# Understanding Women's Cardiovascular Disease (CVD) Cumulative Risk

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

## Take Note of Your Cardiovascular Risks



RISK FACTORS REGARDLESS OF AGE | Social Isolation/Loneliness | Racism | Sexism | Educational Opportunities | Access to Nutrition | Access to Healthcare | Socioeconomic Status | Neighborhood

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.

### Know Your Risk

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**  
*In neck, jaw, arms, back or stomach*
- ☐ **Sweating at Rest**
- ☐ **Anxiety or Panic**  
*For no apparent reason*
- ☐ **Lightheadedness**
- ☐ **Nausea**
- ☐ **Severe Indigestion or Vomiting**