

Heart disease takes approximately one life every minute. While 1 in 31 women's deaths is the result of breast cancer, 1 in 3 women's deaths is the result of heart disease. Sadly, only 1 in 5 American women believe heart disease is her greatest health threat. Listed below are some tips to help you avoid heart disease and live a healthy life.



STATISTICS

Heart disease is the number one killer of men and women and is more deadly than all forms of cancer combined.

Heart disease causes one in three women's deaths each year, killing approximately one woman every minute.

Ninety percent of women have one or more risk factors for developing heart disease.

An estimated 4.3 million women in the United States are affected by heart disease.

EAT A HEART-HEALTHY DIET

Choose foods that are low in salt or sodium.

Limit foods that have saturated and trans fat. These foods raise the level of cholesterol in your blood which increases your risk of heart disease and stroke.

Cut back on sugar (glucose, fructose, sucrose, and corn syrup).

BE PHYSICALLY ACTIVE

Try to get 150 minutes of moderate-intensity aerobic physical activity or 75 minutes of vigorous-intensity aerobic activity every week (or a combination of both).

MANAGE YOUR HEALTH CONDITIONS

Common health problems like high blood pressure, diabetes, and high cholesterol can increase your risk of heart disease.

Manage your medicines as directed. Do not stop taking your medicine until your doctor says that it's okay.

If you have diabetes, check your blood sugar level.

Get your blood pressure and cholesterol tested.

Ask your doctor how you should manage your health conditions during pregnancy.

KNOW THE SIGNS OF A HEART ATTACK

- Chest pain (heavy ache or pressure)
- Pain in your upper body (arms, neck, jaw, back, or upper stomach)
- Shortness of breath
- Breaking out in a cold sweat
- Unusual or unexplained tiredness
- Feeling dizzy or light-headed
- Nausea

*the signs of a heart attack can be different for women than they are for men

wsr.byu.edu

3326 Wilkinson
Student Center
(801) 422-4877
wsr@byu.edu



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