Heart disease kills approximately one woman every minute. While 1 in 31 women dies from breast cancer each year, 1 in 3 dies of heart disease.

Sadly, only 1 in 5 American women believe heart disease is her greatest health threat. Here are some tips to help you avoid heart disease and live a healthy, fulfilling life:

**Eat a Heart-healthy diet**
- Choose foods that are low in salt or low in sodium.
- Limit foods that have saturated and trans fat. These foods rise the level of cholesterol in your blood which increases your risk of heart disease and stroke.
- Cut back on sugar. Sugar is also labeled as 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.
- Take your medicines as directed. Do not stop taking your medicines until your doctor says that it is 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**
The signs of a heart attack can be different for women than they are for men.
- 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
- Feeling sick to your stomach (nausea)