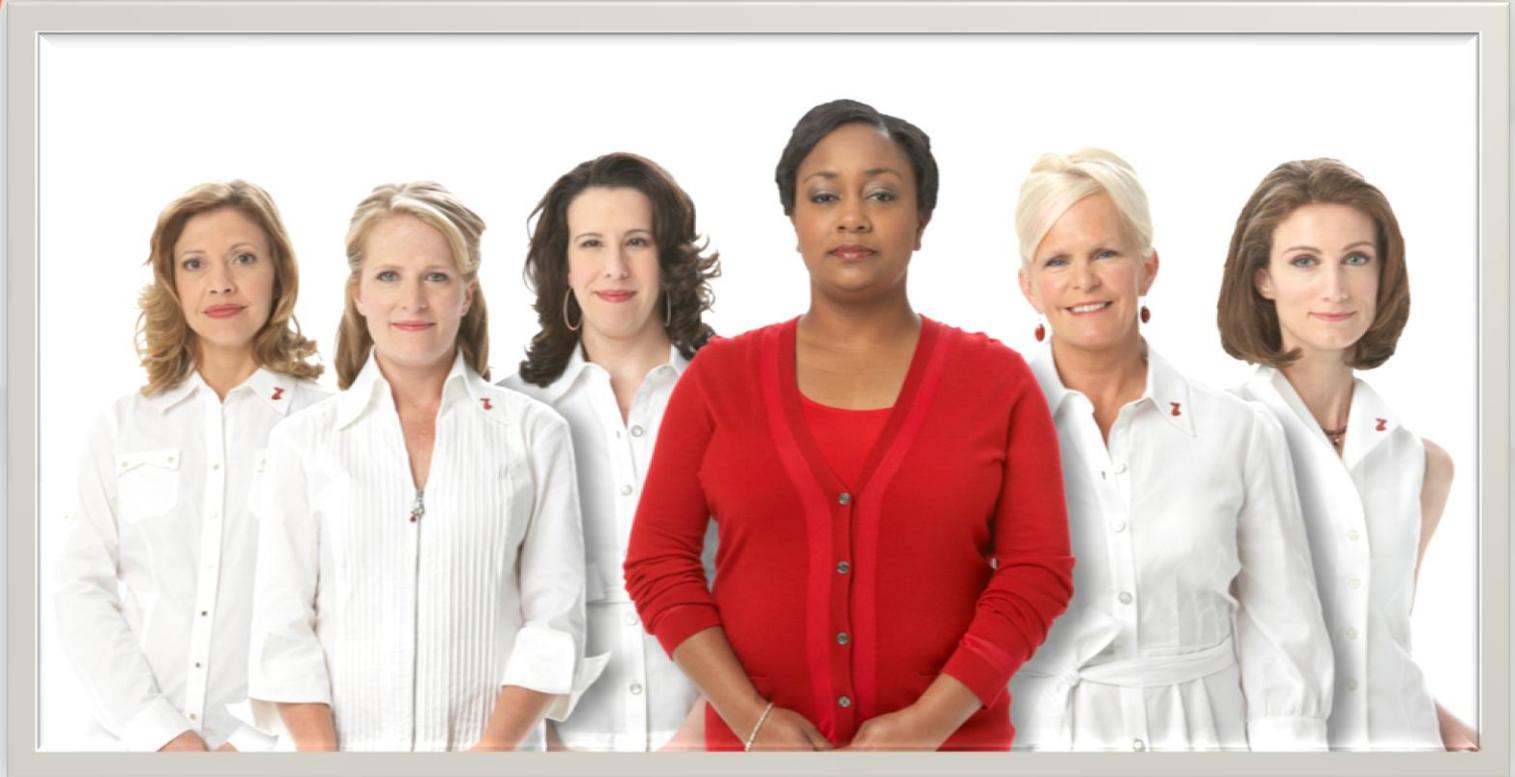


Make It Your Mission to fight heart disease in women



Women are the heart of Go Red

Go Red For Women hopes that by showing the many faces of heart disease, women can connect with each other and educate and empower themselves to make choices to reduce their risk.

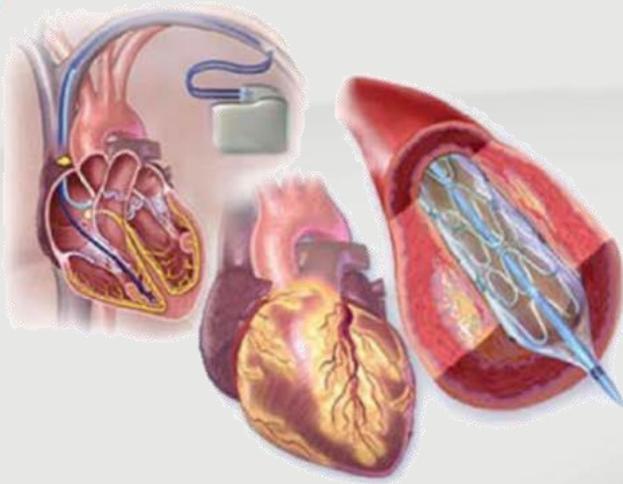
- Heart disease is still the No. 1 killer of women age 20 and over, causing 1 in 3 deaths each year.***
- Heart disease is not just a man's disease. Go Red For Women is dedicated to building awareness of heart disease among women.***
- One in three women has some form of cardiovascular disease.***
- Cardiovascular disease kills about 421,000 women per year, almost one per minute.***
- More women die of cardiovascular disease than the next four causes of death combined, including cancer.***

Know the facts

- What is heart disease?
- Why is it important?
- What have we learned?
- What is a heart attack?
- Am I at risk?
- How can I prevent it?
- The heart of Go Red
- Taking action with Go Red

What is heart disease?

- Coronary Heart Disease
- High Blood Pressure
- Heart Failure
- Valve Disease/
Rheumatic
Heart Disease
- Diseases of
Pulmonary Circulation



What have we learned?

- Factors leading to heart disease can start in young women and develop over time
- Heart disease can strike women at any age
- Healthy lifestyle changes can prevent or postpone heart disease



Why is it important?

Facts About Heart Disease and Women

- Cardiovascular disease kills about 421,000 women a year.
- One in 2.9 female deaths is from cardiovascular disease.
- 64% of women who die suddenly from coronary heart disease have no previous symptoms.
- Cardiovascular disease may be prevented if women make the right choices for their hearts.



What is a heart attack?



Know the Warning Signs

- Chest discomfort
- Discomfort in upper body
- Shortness of breath
- Cold sweat
- Nausea
- Lightheadedness

If you or someone you are with experiences these symptoms, call 5-1-1 immediately.

Am I at risk?

**If you have any of these risk factors,
you are at risk for heart disease.**

Controllable Risk Factors

- High Cholesterol
- High Blood Pressure
- Physical Inactivity
- Obesity and Overweight
- Type 2 Diabetes
- Smoking

Uncontrollable Risk Factors

- Increasing Age
- Heredity (family history)
- Race (members of some races, particularly African-Americans, are at higher risks)

Your risk: High blood cholesterol



Total Cholesterol Level
Desirable = Less than 200

Borderline High = 200 to 239

High = 240 and above

About 46% of women have a total cholesterol of 200 mg/dL and above, which puts them at risk for heart disease.

Your risk: High blood pressure



Normal Blood Pressure =
Below 120/80

Pre-Hypertension =
120-139/80-89

Hypertension =
140/90 or higher

About **40** million women age 20 and older have high blood pressure.

20% of people with high blood pressure **don't know** they have it.

Your risk: Physical Inactivity



Inactive women:

White females – 54.9%

Black females – 71.2%

Hispanic females – 68.6%

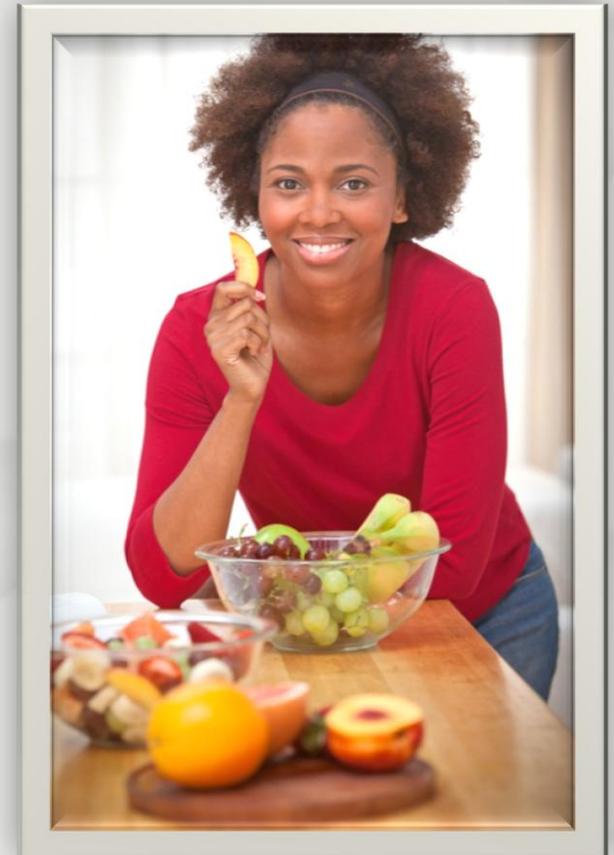
All healthy adults ages 18-65 should be getting at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity aerobic physical activity per week or a combination of both.

Your risk: Obesity and Overweight

Excess Weight:

- Strains your heart
- Raises blood pressure and cholesterol
- Can lead to diabetes

About 40 million women are overweight and 31 million are obese, which greatly increases their risk for heart disease.



Your risk: Diabetes



People with diabetes are **two to four times more likely** to develop cardiovascular disease.

10 million women 20+ have been diagnosed with type 2 diabetes, **2.7** million go undiagnosed and **33.4** million are pre-diabetic.

Complications of Diabetes

- Stroke, TIA
- Blindness
- Heart attack, angina
- Kidney disease
- High blood pressure
- Erectile dysfunction
- Loss of legs or feet
- Nerve disease

Your risk: Smoking

Benefits of Quitting

- Within 1 to 2 years of quitting, your risk of coronary heart disease is substantially reduced.
- Your sense of smell and taste come back.
- A smoker's cough will go away.
- You breathe much easier.
- It is easier to be physically active.
- You are free of "needing" cigarettes.

21.1 million women age 18 and older smoke, increasing their risk for heart disease.



What can I do to prevent heart disease?

Take **ACTION** and Lower Your Risk

- Eat a healthy diet low in saturated fat, trans fat, cholesterol and sodium.
- Keep your weight under control.
- Control your blood pressure and cholesterol levels.
- Manage your blood sugar if you have diabetes.
- Get regular medical checkups.
- Talk to your doctor about a prevention plan and medicines that may be right for you.
- Don't smoke, and avoid tobacco smoke.

Go Red women take action!

A woman who **Goes Red**...

- Takes action to reduce her risk of heart disease
- Exercises more frequently
- Has lost weight
- Has had her cholesterol checked
- Modifies her diet to include healthy food
- Encourages others to join Go Red for Women
- Has taken the Go Red Heart Checkup

Visit www.hsfbarbados.org
For more heart health information
Or
call **437 3312** and ask to speak to a
Nurse

