

**Massachusetts
Department of Public Health**



Women and Cardiovascular Disease





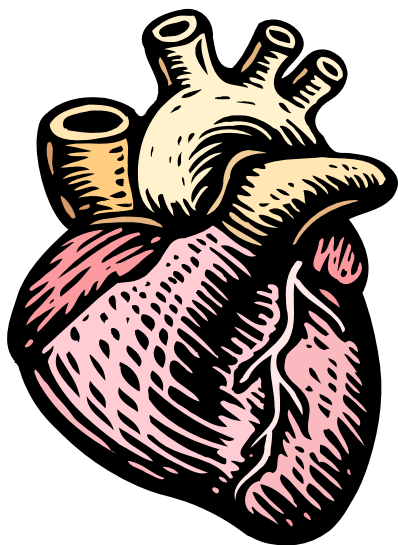
What are 3 things you've heard about cardiovascular disease (heart disease and stroke)?





What is cardiovascular disease?

Cardiovascular Disease (CVD) refers to diseases of the blood vessels (arteries and veins) that affect the heart and brain.





Heart Attack Warning Signs

- Differ from person to person
- Differ in men and women
- People may not have all of the warning signs





Heart Attack Warning Signs

- Chest pain
- Uncomfortable feeling in other parts of your upper body
- Shortness of breath
- Cold sweat, feel sick or lightheaded

Don't Wait, Call 911!





Stroke Warning Signs – FAST

Face

- Droops on left or right side
- Sudden drooling
- Numbness

Arms

- Look for difficulty holding things or putting on clothes
- Numbness
- One arm drifts down or won't go up
- May have trouble walking





Stroke Warning Signs – FAST

Speech

- Slurred speech
- Doesn't make sense
- May not understand what other people are saying
- Forgets how to read or write

Time

- Time lost is brain lost
- Save time and brain cells, go in an ambulance

Don't Wait, Call 911!





Why Women Need to Know!

Heart disease

Is the Number 1 killer of American women

Stroke

Is the Number 3 killer of American women





Heart Disease & Stroke Risk Factors

There are some risk factors you can't change:

- Age
- Gender
- Race / Ethnicity
- Family History

Talk to your healthcare provider if you have any of these risk factors





Heart Disease & Stroke Risk Factors

Good News! – there are some risk factors you can change

What you can do to try and lower your chance of getting heart disease or stroke:

- Replace habits that are bad for your health
- Eat healthy
- Know Your Numbers





You Can Do It – Be Healthy

Exercise

- Be active for 30 minutes or more on most or all days of the week
- Regular moderate-to-intense exercise helps reduce your risk of heart disease and stroke

Quit smoking

- Smoking is the most preventable cause of death in the US





You Can Do It – Eat Healthy

Eat a variety of nutritious foods

- Eat lots of vegetables and fruits
- Choose whole-grain and high fiber foods
- Eat fish at least twice a week





You Can Do It – Eat Healthy





You Can Do It – Eat for Heart Health

Limit high calories / low nutrient foods

- Limit saturated fats, trans fats, and cholesterol
- Choose fat-free and low-fat dairy products
- Cut out drinks and foods with a lot of sugar
- Choose and prepare foods with little or no salt
- If you drink alcohol, don't drink a lot





You Can Do It – Know Your Numbers

Cholesterol

- Soft, fat-like substance found in your blood
- Can clog your blood vessels and cause damage to your heart and brain

- Your total cholesterol should be:
less than 200 mg/dL

Know your cholesterol numbers by talking to your healthcare provider





You Can Do It – Know your Numbers

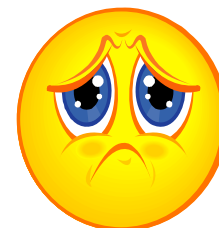


HDL

HAPPY (good) cholesterol

High levels seem to protect against heart attack

Your HDL should be:
60 mg/dL and above



LDL

LOUSY (bad) cholesterol

Can clog your blood vessels and cause damage to your heart and brain

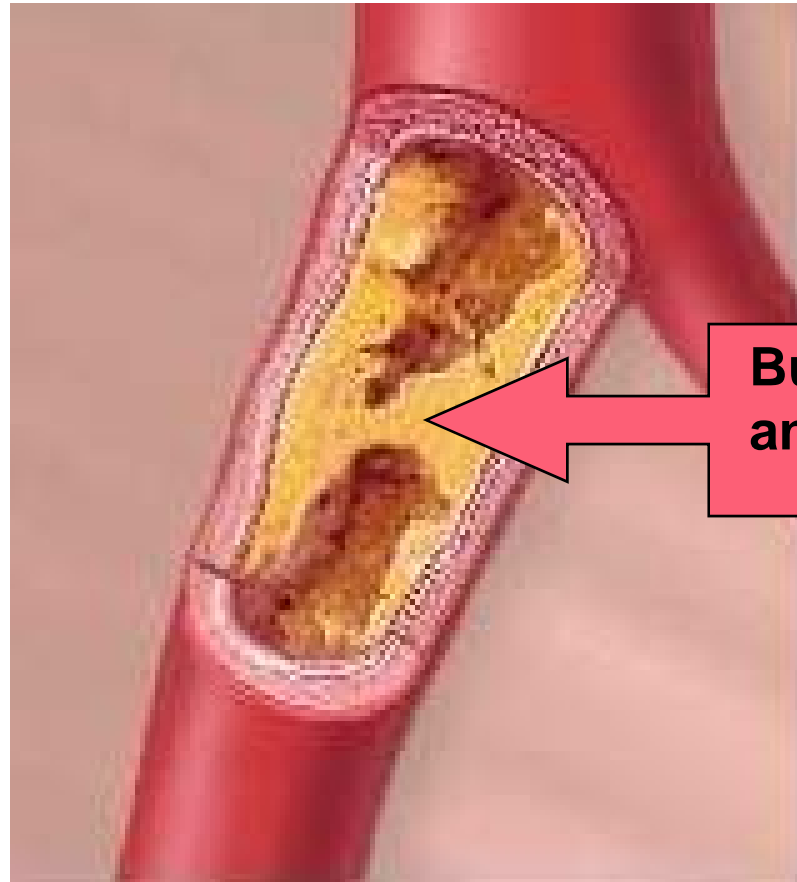
Your LDL should be:
less than 100 mg/dL

Know your cholesterol numbers by talking to your healthcare provider





Clogged blood vessel



Buildup of cells, fat and cholesterol





You Can Do It – Know Your Numbers

Triglycerides

- The most common type of fat in your body
- Your chance of getting heart disease may go up if you have a lot of triglycerides in your body
- Your triglyceride level should be: less than 150 mg/dL

Know your triglyceride numbers by talking to your healthcare provider





You Can Do It – Know Your Numbers

Blood Pressure

- **Systolic pressure** (top number):
Pressure in your blood vessels when your heart beats
- **Diastolic pressure** (bottom number):
Pressure in your blood vessels when your heart rests between beats
- Your blood pressure should be:
about 120/80 mmHg

Know your blood pressure numbers by talking to your healthcare provider





You Can Do It – Know Your Numbers

High blood pressure (hypertension)

- Makes your heart work harder than normal
- Increases your chance of having a heart attack, a stroke, kidney failure and heart failure

Know your blood pressure numbers by talking to your healthcare provider





You Can Do It – Know Your Numbers

Glucose

- The form of sugar in your blood
- The main source of energy for your body

- High glucose levels in your blood over time can damage your eyes, kidneys, nerves and blood vessels

Know your Fasting Glucose numbers by talking to your healthcare provider





You Can Do It – Know Your Numbers

Fasting Glucose

- A test that measures the sugar in your blood after you have not eaten for at least 8 hours
- Your fasting glucose should be:
less than 100 mg/dL
- If this number is high, your healthcare provider may do more tests

Know your Fasting Glucose numbers by talking to your healthcare provider





You Can Do It – Know Your Numbers

Height (feet/inches) & Weight (pounds)

- BMI (Body Mass Index) is the relationship between your height and your weight
- If your weight is too much for your height, you may have a lot of body fat which can cause high blood pressure, heart disease, and stroke
- Your BMI should be between:
18.5 to 24.9

Know your BMI number by talking to your healthcare provider





Remember:

- Heart disease is the Number 1 killer of women in the US
- Stroke is the Number 3 killer of women in the US
- Know the warning signs of heart attack and stroke
 - Heart attack warning signs are different for everyone
 - Don't wait, **CALL 9-1-1**





Remember:

- Live a healthy lifestyle to lower your chance for heart disease and stroke
 - Exercise
 - Stop Smoking (Call Quitworks 1-800-879-8678)
 - Eat well and keep a healthy weight
- See your healthcare provider regularly
 - Know your numbers
 - Track your numbers and enter on www.goredforwomen.org





- Any questions?

