

Cardiovascular disease is the #1 killer of women, causing 1 in every 3 deaths. Most can be prevented with education and lifestyle changes.


Signs of Heart Attack

- Uncomfortable pressure, fullness, or chest pain that lasts more than a few minutes, or goes away but comes back;
- Pain or discomfort in the back, neck, jaw, stomach, or in one or both arms;
- Shortness of breath with/without chest pain;
- Cold sweat, nausea, and/or lightheadedness;

Note: Women's most common symptom of heart attack is chest pain.

Signs of Stroke

- Sudden numbness in the face, or arm or leg weakness on one side of the body;
- Sudden confusion, difficulty speaking or understanding conversation;
- Sudden trouble seeing, blurred vision;
- Sudden onset of dizziness, loss of balance or coordination, trouble walking;
- Sudden onset of a severe headache without a known cause.



You CAN reduce your risk of heart disease by:

- Eating a heart-healthy, plant-based diet;
- Staying active, and maintaining a healthy weight;
- Not smoking, or otherwise using, tobacco.

If you have any signs of heart attack or stroke, call 911.

Know Your Risks

Learn more about your risk of heart disease and how to make even small changes to your diet and lifestyle to improve your heart health and lower your risk of heart attack or stroke by as much as 80%!

Go To

<https://www.GoRedForWomen.org/en/know-your-risk/risk-factors>

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