Canadian Women and Heart Disease

EVERY WOMAN NEEDS TO KNOW ABOUT HEART DISEASE;
IT’S THE #1 KILLER OF WOMEN

What we know:
♥ This year, just as many women will die of heart disease as men
♥ This year, more women than men will die of stroke

Risk factors for developing heart disease:
♥ Smoking puts women at high risk of heart disease
♥ Obesity: Over 50% of adult women are overweight or obese.
  o Obesity increases our risk of high blood pressure, diabetes, high cholesterol, heart disease, and stroke
♥ Physical inactivity: Only 49% of adult women are physically active.
  o Physical inactivity doubles our risk of developing, and dying, from heart disease and stroke
♥ High Blood Pressure: Almost one-quarter of adult women have high blood pressure
  o High blood pressure quadruples our risk of developing heart disease
♥ Diabetes: One in twenty adult women has diabetes
  o Diabetes increases our risk of heart disease by 800%
♥ Stress: Over one-quarter of adult women report high stress
  o Stress increases our risk of developing heart disease
♥ Alcohol: About 10% of adult women consume 5 or more alcoholic drinks on one occasion more than 12 times per year.
  o Excessive alcohol can increase our blood pressure, increase the risk of obesity, and increase our risk for heart disease and stroke

Action:
♥ Know your number and know if they are okay:
  o What is your blood pressure? Is it within normal limits?
  o What is your cholesterol? Is it within normal limits?
  o What is your body mass index? Is it within normal limits?
  o How many minutes of exercise do you do per week? Is it enough to benefit your heart?
♥ If you smoke: QUIT!
♥ Check your eating patterns
  o Are you getting enough fresh fruits and vegetables?
  o Exercise: 30-60 minutes of moderate activity (brisk walking) on most days of the week is all you need
  o Put a plan in place to manage your stress-talk to someone if you need help

For more information from the University of Ottawa Heart Institute’s Heart Health Education Centre visit:
www.ottawaheart.ca/HHEC
or
613-761-4753

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