

Heart Disease: What You Can Do About It

Heart disease is the number one cause of death in the United States. This year, make a resolution to learn more about your health and what you can do to prevent heart disease.

Many factors contribute to the development of heart disease. Some things, like genetics, you cannot change. However, other factors, such as a high salt and high fat diet, sedentary lifestyle, and tobacco use, are within your power to change.

This year, take responsibility of your life, and learn how to prevent heart disease.



- Stop smoking.
- Exercise for at least thirty minutes a day.
- Eat a heart healthy diet.
- Remember to take your prescription medications as directed.

To learn more about heart disease, please visit the American Heart Association's website at www.americanheart.org/hearthumb/index.htm or the American College of Cardiology's website at www.cardiosmart.org.

- Maintain a healthy weight.
- Get regular blood pressure checks.
- Learn what your cholesterol level is and what you can do to improve it.



Go Red Campaign

- Heart disease is the number one killer of women in the United States.
- Heart disease is the second leading cause of death in women ages 45-64. It is the third leading cause of death for women ages 25-44.
- Protect yourself from heart disease. Eat a healthy diet. Get daily exercise. Stop smoking. Control your blood pressure & cholesterol.

National Wear Red Day: February 6, 2009

Heart disease is the number one killer of women in the United States.

In an effort to educate the public about women and heart disease, the American Heart Association sponsors the annual National Wear Red Day.

Wear red on Friday, February 6th, 2009, and you will join us and countless others in supporting ongoing research and education about women and heart disease.

For more information about the **Go Red** cam-

paign, please visit <http://www.goredforwomen.org/index.aspx>.