

Wear Red Day February 4, 2011



Wearing red on February 4, 2011 helps to create awareness of heart disease in women and of the need to protect heart health. Heart disease is the leading cause of death among women in America, killing 1 in every 4 women.

Warning Signs of a heart attack in women include:

- Chest discomfort
- Discomfort in one or both arms, neck, jaw, back, or stomach
- Shortness of breath
- Nausea, lightheadedness, breaking out in a cold sweat

If you think you or someone else may be having a heart attack, get help immediately. Call 9-1-1 right away!

Reduce your risk of Heart Disease:

- Quit use of tobacco
- Increase physical activity
- Maintain a healthy weight
- Eat more fruits and vegetables
- Control high blood pressure
- Control high blood cholesterol
- Control diabetes

Questions to Ask Your Doctor

1. What is my risk for heart disease?
2. What screening or diagnostic tests for heart disease do I need?
3. What are my numbers and what do they mean?
 - Blood pressure
 - Cholesterol—total cholesterol, LDL ("bad") cholesterol, HDL ("good") cholesterol, and triglycerides
 - Body mass index and waist circumference measurement
 - Blood sugar level (could indicate risk for diabetes)
4. What can you do to help me quit smoking?
5. How much physical activity do I need to help protect my heart?
6. What is a heart-healthy eating plan for me?