

# Heart-Healthy Behaviors for February

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It's time to take care of your heart for a lifetime. Heart disease and stroke are the number 1 and number 3 killers of women. These are two of many cardiovascular diseases that kill nearly 500,000 women each year. That is more than the next seven causes of death combined, including all forms of cancer. Fortunately, you can do a lot to prevent these killers. Several factors raise your risk of heart disease and stroke. There are risk factors you can control and risk factors that you cannot control. The more risk factors you have, the greater your chances of developing heart disease and having a heart attack or stroke. Lowering your risk can help prevent heart disease.



## **Risk factors you can control:**

- High blood cholesterol
- High blood pressure
- Smoking
- Physical inactivity
- Obesity or overweight
- Management of Diabetes

## **Risk factors you can't control:**

- Increasing age
- Gender (males have a greater risk of heart attack than women and they have attacks earlier in life.)
- Heredity (family history) and race (African Americans, Mexican Americans, American Indians and native Hawaiians have been noted to have higher heart disease risk.)
- History of previous heart attack or stroke

Focus on those things that you can control. Take one step at a time to make lifestyle changes that will improve the quality of your life.

For more information, check out this American Heart Association website:

<http://www.americanheart.org>

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