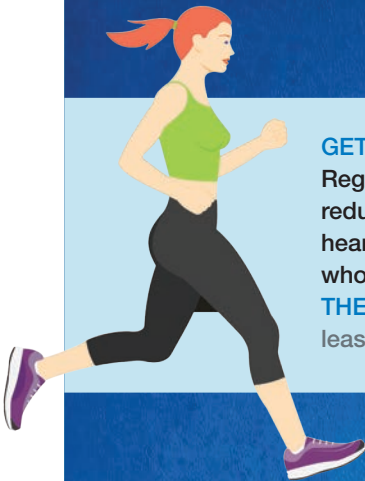


Women: Know Your Heart Disease Risk

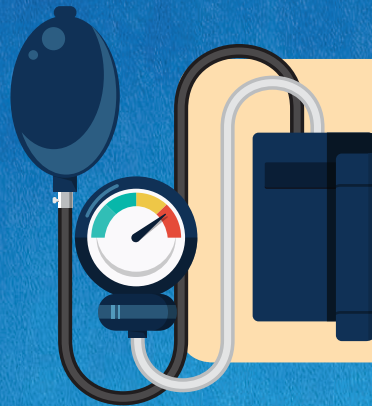
Did you know that heart disease is the number 1 killer of women in the U.S.? Increasing age puts you at higher risk, as does a family history of heart disease. But you can control many of the risk factors that cause heart disease.



GET OFF THE COUCH.

Regular exercise reduces your risk for heart disease by a whopping 30 to 40%.

THE GOAL: Aim for at least 30 minutes a day.



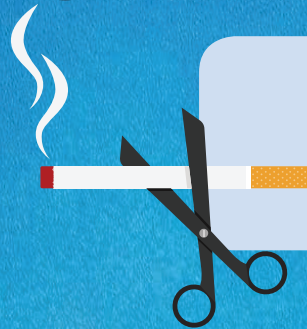
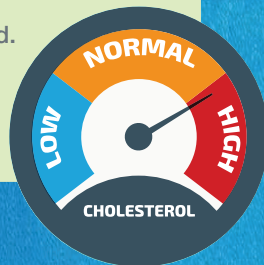
KEEP YOUR PRESSURE DOWN.

Blood pressure more than 130/80 mmHg is considered high.

THE GOAL: Losing extra pounds and getting regular exercise can help lower blood pressure or keep it in check.

WATCH YOUR CHOLESTEROL. A total cholesterol level less than 200 mg/dl will put you at lower risk for heart disease.

THE GOAL: Don't know your numbers? Have them checked. If your levels are unhealthy, ask your doctor how to lower them.



DITCH THE CIGS. Smoking increases your risk for heart disease by as much as 4 times.

THE GOAL: If you need help quitting, talk with your doctor.

TRIM YOUR WAISTLINE.

A body mass index (BMI) of 25 or above may increase your risk for heart disease.

THE GOAL: Losing just 10 pounds can reduce your risk for heart disease. If you need help losing excess weight, talk with your doctor.



BE AWARE OF BIRTH CONTROL. Using birth control pills or a patch can put you at higher risk for heart disease, especially if you smoke, are over age 35, or have diabetes, high blood pressure or high cholesterol.

THE GOAL: Ask your doctor about your risk.

CONTROL DIABETES. As a woman with diabetes, you're 4 times more likely to have heart failure and 2 to 4 times more likely to die from heart disease than adults without diabetes.

THE GOAL: If you've been diagnosed, work with your doctor to control your diabetes and your other risk factors.

