

HEART DISEASE AND WOMEN: WHAT'S AT STAKE?

BECAUSE HER HEART MATTERS TOO • FOR MORE INFORMATION VISIT YOURHEART.CA

HEART DISEASE IS YOUR
BIGGEST HEALTH THREAT.



It is the **#1 killer of women** worldwide
and it affects women of all ages.

HEART DISEASE **CANNOT BE 'CURED'**.
IT IS A CHRONIC CONDITION.



Lifestyle changes matter at any age.
It's never too late to start improving your heart health.

HEART DISEASE IS
**UNDER-STUDIED,
UNDER-DIAGNOSED,
AND UNDER-TREATED
IN WOMEN.**



Heart disease is different in women than in men.
We need to improve knowledge and awareness.

WHEN IN DOUBT, CHECK IT OUT!
NEVER DELAY GETTING HELP FOR YOUR SYMPTOMS.



Signs and symptoms most experienced by
women are chest pain or discomfort:

- Pressure
- Tightness
- Squeezing
- Burning, aching, or soreness
- Unusual fatigue
- Shortness of breath

WHAT CAN I DO? EMPOWER YOURSELF BY KNOWING YOUR RISKS.

80%
OF RISK FACTORS
ARE WITHIN YOUR
CONTROL TO
CHANGE!

Risks include:



Diabetes
Smoking
Obesity



Physical inactivity
Unhealthy diet
Autoimmune diseases
Pregnancy-related disorders



Depression
High blood pressure
High cholesterol



Download the top 5 questions to ask your healthcare provider at yourheart.ca