



BE YOUR OWN HEART HERO



HEART DISEASE

causes more women's deaths than all cancers, including breast cancer.

STAND UP for your HEALTH!

- **GET SCREENED** every year
- **DON'T IGNORE** symptoms
- **ASK QUESTIONS** about your heart health

Women who served in the **MILITARY** have **HIGHER RATES** of heart disease than civilian women.

KNOW YOUR RISKS

At each health visit, talk about what increases the chance you will have heart disease or a stroke:

Smoking, inactivity, diabetes, high blood pressure, high cholesterol, and calcium buildup in your arteries can affect your heart.

Others factors such as **race** (South Asian, Black) also are linked with higher risk.

FEMALE SPECIFIC CONCERNS

- **Health problems during pregnancy** (gestational high blood pressure/preeclampsia, gestational diabetes, preterm delivery)
- **Many ovarian cysts** (polycystic ovarian syndrome)
- **Breast cancer**
- **Oral birth control** if you **smoke**
- **Inflammatory diseases** (lupus or rheumatoid arthritis) more common in women

For more information, visit [CardioSmart.org/Women](https://www.cardiosmart.org/Women)

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