

WOMEN & HEART HEALTH

Know the Signs. Know Your Risk.

*Your Heart Matters.
Your Life Matters.*

HEART DISEASE IS THE #1 KILLER OF WOMEN.

It can happen at any age. Knowing the signs and understanding your risk can help you take action and save your life.

WHAT IS HEART DISEASE?

Heart disease includes several conditions that affect the heart and blood vessels, such as coronary artery disease, heart attack, heart failure and more. It can develop over time and may not cause noticeable symptoms in the early stages.

WHY IT MATTERS FOR WOMEN

- ♥ Heart disease causes 1 in 3 women's deaths each year.
- ♥ Women may have different symptoms than men.
- ♥ It can happen at a younger age than many realize.
- ♥ Conditions like high blood pressure, diabetes and pregnancy-related complications can increase risk.
- ♥ Many risk factors are controllable.

COMMON HEART ATTACK WARNING SIGNS IN WOMEN

Women may not always experience the "classic" chest pain.



Chest discomfort or pressure
(may feel like squeezing or fullness)



Shortness of breath



Nausea or vomiting



Pain in the back, neck, jaw or upper stomach



Unusual fatigue



Lightheadedness or dizziness

Other possible signs: cold sweats, discomfort in one or both arms, or a feeling of anxiety.

If you think you are having a heart attack, CALL 911 immediately.

KNOW YOUR RISK FACTORS

Some risk factors cannot be changed, but many can be managed.

NON-MODIFIABLE RISK FACTORS

- Being a woman
- Age (risk increases with age)
- Family history of heart disease
- Personal history of heart disease, stroke or other cardiovascular conditions
- Certain racial and ethnic backgrounds (e.g., higher risk for Black women)

MODIFIABLE RISK FACTORS

- ♥ High blood pressure
- ♥ High cholesterol
- ♥ Diabetes or prediabetes
- ♥ Being overweight or obese
- ♥ Physical inactivity
- ♥ Poor nutrition
- ♥ Smoking or vaping
- ♥ Excessive alcohol use
- ♥ High stress
- ♥ Sleep problems



ADDITIONAL RISK FACTORS FOR WOMEN

- Pregnancy-related conditions (such as high blood pressure during pregnancy, preeclampsia, gestational diabetes)
- Polycystic ovary syndrome (PCOS)
- Autoimmune conditions (such as lupus or rheumatoid arthritis)
- Early menopause (before age 40)



Women deserve care too—especially while caring for everyone else.

*Your Health Matters.
Your Life Matters.*



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MUSE HEALTH EDUCATION SERIES

*Take Charge
of Your Heart Health.*

KNOW YOUR NUMBERS.
MAKE INFORMED CHOICES.
LIVE A HEALTHIER LIFE.



KNOW YOUR NUMBERS

Regularly check these important health measurements and talk with your healthcare professional about your goals.

Health Measure	What It Is	General Target (for many healthy adults)	My Number	My Goal / Next Check Date
 Blood Pressure	The force of blood against your artery walls.	Less than 120/80 mmHg	_____	_____
 Cholesterol (Total)	A measure of fat-like substances in your blood.	Less than 200 mg/dL	_____	_____
 LDL Cholesterol ("Bad" Cholesterol)	Can build up in arteries and increase risk.	Less than 100 mg/dL*	_____	_____
 HDL Cholesterol ("Good" Cholesterol)	Helps remove cholesterol from your bloodstream.	Higher than 50 mg/dL (women)	_____	_____
 Blood Sugar (A1C)	Shows your average blood sugar over 2-3 months.	Less than 5.7% (normal)	_____	_____
 Weight	Body weight in relation to height.	A healthy range for your body	_____	_____

*Your individual goals may differ based on your health history, risk factors and medical conditions. Discuss your results and appropriate targets with your healthcare professional.



QUESTIONS TO ASK YOUR HEALTHCARE PROFESSIONAL

Be prepared for your next appointment.

- ☐ What is my risk for heart disease?
- ☐ Do I need any screenings or additional testing (e.g., cholesterol, A1C, EKG, etc.)?
- ☐ What are my target numbers for blood pressure, cholesterol and blood sugar?
- ☐ How do my family history and other risk factors affect my heart health?
- ☐ Are there lifestyle changes, medications or other steps I should consider?
- ☐ What symptoms should prompt me to seek care right away?
- ☐ How often should I follow up?



HEART-HEALTHY HABITS

Small changes can make a big difference.



Eat a heart-healthy diet (e.g., fruits, vegetables, lean proteins, whole grains).



Be physically active (aim for at least 150 minutes of moderate activity per week, if approved by your healthcare professional).



Avoid tobacco and vaping.



Limit alcohol.



Manage stress and make time for rest.



Get quality sleep.



Stay connected and lean on your support system.



Keep up with recommended check-ups and screenings.



MY HEART-HEALTH ACTION PLAN

Choose a few steps to focus on this month.

- ☐ Check my blood pressure.
- ☐ Schedule or keep my annual appointment.
- ☐ Ask about my cholesterol and A1C.
- ☐ Increase physical activity.
- ☐ Make healthier food choices.
- ☐ Reduce stress and prioritize rest.
- ☐ Avoid tobacco and limit alcohol.
- ☐ Learn the warning signs of a heart attack.
- ☐ Encourage a loved one to take care of their heart health.

Learn More
SCAN ME



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