

# Mother, there's only one.

Encourage the women in your life to prioritize their heart health. By empowering them to protect their well-being, you're taking care of them the same way they have for your family.



**Sixty million women** in the US have a form of heart disease



**One in five female deaths** are from heart disease



**Every 80 seconds** heart disease claims the life of a woman

## Risk factors

Common risk factors that lead to heart disease are:

- High blood pressure or hypertension
- High LDL (low-density lipoprotein) cholesterol
- Smoking
- Diabetes
- Excess weight
- An unhealthy diet
- Physical inactivity
- Drinking too much alcohol
- Stress and depression
- Hypertensive disorders of pregnancy

## Signs & symptoms

Although some women have no symptoms, others may have:

- Angina—usually felt as a dull or heavy chest discomfort or ache
- Pain in the neck, jaw, or throat
- Pain in the upper abdomen or back

Other symptoms may happen when you're resting or active:

- Nausea
- Vomiting
- Tiredness that won't go away or feels excessive

## Prevention

**Know your blood pressure.** Uncontrolled blood pressure can lead to heart disease.

**Get tested for diabetes.** Having uncontrolled diabetes raises your risk of heart disease.

**Quit smoking.** If you do smoke, learn ways to quit. If you don't smoke, don't start.

**Check your cholesterol and triglycerides.** Talk to your doctor to learn more about cholesterol.

**Be active.** Get at least 150 minutes of physical activity each week.

**Make healthy food choices.** Being overweight or obese raises your risk of heart disease.

**Limit alcohol.** Limit alcoholic drinks to one drink a day. Don't drink if you're pregnant.

The most important things you can do for yourself and your family is to understand heart disease, work on prevention, and establish a primary care doctor.

**Take the first step**

**Visit [HerHeartMatters.org](https://www.HerHeartMatters.org)**

