

National Wear Red: Heart-Healthy at Any Age

Wear **RED** Day is February 7th!

Cardiovascular disease and stroke are the number 1 cause of death in Florida. Heart Disease can happen at any age, which is why Go **RED** for Women wants you to consider your heart healthy at every age.

Learn what you can do to prevent heart disease and stay heart healthy by following the following advice:

Know your numbers: your goal should be less than 200mg of total cholesterol intake daily and strive for a blood pressure of 120/80 mm Hg or less. Visit your doctor so you know your numbers.

Check your family history: ask your family if anyone has had heart disease or any of the risk factors for heart disease. If the answer is yes, your chances for developing heart disease go up. It's important to learn this information now so that you can be aware of your risk.

Don't smoke and avoid secondhand smoke: smoking increases the risk of heart disease and stroke by 2 to 4 times. Women who smoke have a 25% high risk of developing heart disease as compared to men who smoke. Even nonsmokers are up to 30% more likely to develop heart disease or lung cancer from secondhand smoke exposure.

Drink in moderation: heavily drinking can cause a spike in your blood pressure, in some cases cause heart failure and can lead to a stroke. Moderate drinking is no more than 1 drink per day, much is defined as:

- 1-1/2 fl oz of 80-proof spirits
- 1 fl oz of 100-proof spirits
- 4 fl oz of wine
- 12 fl oz of beer

Choose birth control carefully: talk to your doctor about birth control and heart disease so that you can make a fully informed decision based on the risks and benefits. Oral contraceptives along with other birth control options can cause an increase in your blood pressure.

Eat balanced, healthy meals: eating healthy means having balanced meals with plenty of nutrients from foods such as fruits, vegetables, whole grains, as well as proteins and dairy.

- Fruits and vegetables: At least 4.5 cups a day
- Fish (preferably oily fish, like salmon): At least two 3.5-ounce servings a week
- Fiber-rich whole grains: At least three 1-ounce servings a day
- Nuts, legumes and seeds: At least 4 servings a week, opting for unsalted varieties whenever possible

Exercise three to four times per week: the American Heart Association recommends 40 minutes of exercise three to four times per week, according to its new guidelines. Brisk walking, jogging and workout routines you can do at home or with friends all help accomplish your physical goals.

The greatest force for women **is WOMEN**

HELP RAISE AWARENESS... Wear Red Day - February 7, 2014



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by sharing the truth.

GoRedForWomen.org