

# National Wear Red Day<sup>®</sup>

## FRIDAY, FEBRUARY 6, 2015

Heart disease—it's not just a man's disease. Each year, 1 in 3 women die of heart disease and stroke. But we can change that because 80 percent of cardiac events can be prevented with education and lifestyle changes.

When it comes to beating heart disease and stroke, change can be the cure.  
Wear red to raise awareness and help save women's lives.

Make a change at [GoRedForWomen.org/WearRedDay](http://GoRedForWomen.org/WearRedDay).



Celebrate Wear Red Day on: Friday, February 6

For more information, contact: Patty Ness at 567-6177



#GoRed

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American  
Heart  
Association<sup>®</sup>

life is why<sup>™</sup>



# GO RED FOR WOMEN®

If you're just a few steps from your goal level Go Red has tips to keep you moving in the right direction. If you have a way to go, then see your healthcare provider and take steps to lower your risks.

Visit [GoRedForWomen.org](http://GoRedForWomen.org), [GoRedCorazon.org](http://GoRedCorazon.org)  
or call **1-888.474.VIVE**  
for more information and resources.

Next to each heart disease risk factor listed below is a goal number. The closer you are to this number, the lower your risk of developing heart disease. At today's event, a healthcare professional will help assess your risk factors. If you're already at your goal level, congratulations!



## Cholesterol

Cholesterol is a soft, waxy substance found in the blood and the body's cells. High cholesterol may lead to atherosclerosis, or fatty deposits in the inner lining of arteries, which can cause a heart attack or stroke. Eating healthy foods and being physically active can help keep your cholesterol numbers in a healthy range.

## Blood Pressure

High blood pressure (or hypertension) makes the heart work harder than normal. If you are 20 pounds or more overweight, have reached menopause or have someone in your family with high blood pressure, you are more likely to have high blood pressure.

## Diabetes

Diabetes can increase your risk of heart disease and stroke by two to four times. If you have diabetes, you need to see your doctor regularly and reduce or eliminate any other risk factors. Maintain a healthy weight by balancing a healthy diet with regular physical activity.

## Ideal Numbers

The four ideal numbers for the general adult population are:

- Optimal total cholesterol less than 180 mg/dL
- Body mass index (BMI) less than or equal to 25kg/m<sup>2</sup>
- Blood pressure less than 120/80 mm/Hg
- Fasting blood sugar of less than or equal to 100mg/dl.

Take these results to your healthcare provider or to a health clinic where you can discuss your risks, test your cholesterol and get your specific recommendations.

Make a change

[GoRedCorazon.org](http://GoRedCorazon.org)  
[facebook.com/GoRedPorTuCorazon](https://www.facebook.com/GoRedPorTuCorazon)

For more information, contact your local American Heart Association office by locating your affiliate on [Heart.org](http://Heart.org).



# WOMEN FACE HIGHER RISK OF STROKE

## NEW GUIDELINE OFFERS WAYS TO LOWER YOUR RISK

**WOMEN HAVE MORE STROKES THAN MEN, AND STROKE KILLS MORE WOMEN THAN MEN.**

Talk to your healthcare provider about how to lower your risk, using the below information from the new American Heart Association/American Stroke Association prevention guidelines.



**1 in 5 WOMEN** has a **STROKE** at some point in her life

### Stroke RISK GOES UP due to ...



#### PREGNANCY

About 3 out of 10,000 pregnant women have a stroke during pregnancy compared to 2 out of 10,000 young women who are not pregnant.

+



#### PREECLAMPSIA

This is a term for high blood pressure that develops during pregnancy, and it doubles the risk of stroke later in life.



#### BIRTH CONTROL PILLS

May double the risk of stroke, especially in women with high blood pressure.



#### HORMONE REPLACEMENT THERAPY

Once thought to lower stroke risk, this in fact increases the risk.



#### MIGRAINES WITH AURA + SMOKING

Strokes are more common in women with migraines with aura who also smoke.



#### ATRIAL FIBRILLATION

Quadruples stroke risk and is more common in women than men after age 75.

### LOWER YOUR RISK for stroke by...

Pregnant women with very high blood pressure should be treated with safe blood pressure medications.

Talk to your healthcare provider about whether you should follow the guideline recommendation of low-dose aspirin starting in the second trimester (week 12) to lower preeclampsia risk.

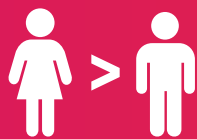
Women should be screened for high blood pressure before taking birth control pills. Women should not smoke, and they should also be aware that smoking and the use of oral contraceptives increases the risk of stroke.

Hormone replacement therapy should not be used to prevent stroke in postmenopausal women.

Smokers who have migraines with aura should quit to avoid higher stroke risk.

All women over age 75 should be screened for atrial fibrillation.

## STROKE BY THE NUMBERS



About **55,000** more women than men have a stroke each year.

### STROKE IS THE

**#3**

cause of **DEATH** in Women

**#4**

cause of **DEATH** in Men

### Number of STROKE DEATHS IN ONE YEAR



Women

**77,109**



Men

**52,367**

(from 2010, the most recent year the statistics are available)



Do you know how to identify a stroke and when emergency help is needed?

Learn how to spot a stroke **F.A.S.T.** at [StrokeAssociation.org/warningsigns](http://StrokeAssociation.org/warningsigns)

ADDED

NOT SO

# Sugar IS Sweet



American Heart Association®



Some sugars are naturally in fruits, vegetables, milk & grains.

Other sugars — the kind added to foods, drinks and condiments during processing — may increase heart disease risk.



A typical 12-ounce can of regular soda has 130 calories and 8 teaspoons of sugar.



Added sugar also sneaks into seemingly “better for you” beverages, such as sports drinks, fruit drinks and flavored milks.

## THE AMERICAN HEART ASSOCIATION RECOMMENDS

limiting added sugars to no more than 100 calories a day (6 teaspoons) for most women & no more than 150 calories a day (9 teaspoons) for most men.

## ADDED SUGAR SOURCES

**Sugar-sweetened beverages** are the biggest source of added sugar in the American diet. Other sources are baked items (like cakes, muffins, cookies and pies), ice cream and candy.



## FIND IT

Read food labels. Syrup, molasses, cane juice and fruit juice concentrate mean added sugar as well as most ingredients ending with the letters “ose” (like fructose & dextrose).



Enjoy fruit for dessert most days and limit traditional desserts to special occasions.

Cut back on the amount of sugar you add to things you eat or drink often.

Buy 100% juice with no added sugars.



## REPLACE IT

Enhance foods with spices — try cinnamon, nutmeg or ginger.

Add fresh or dried fruit to cereal and oatmeal.

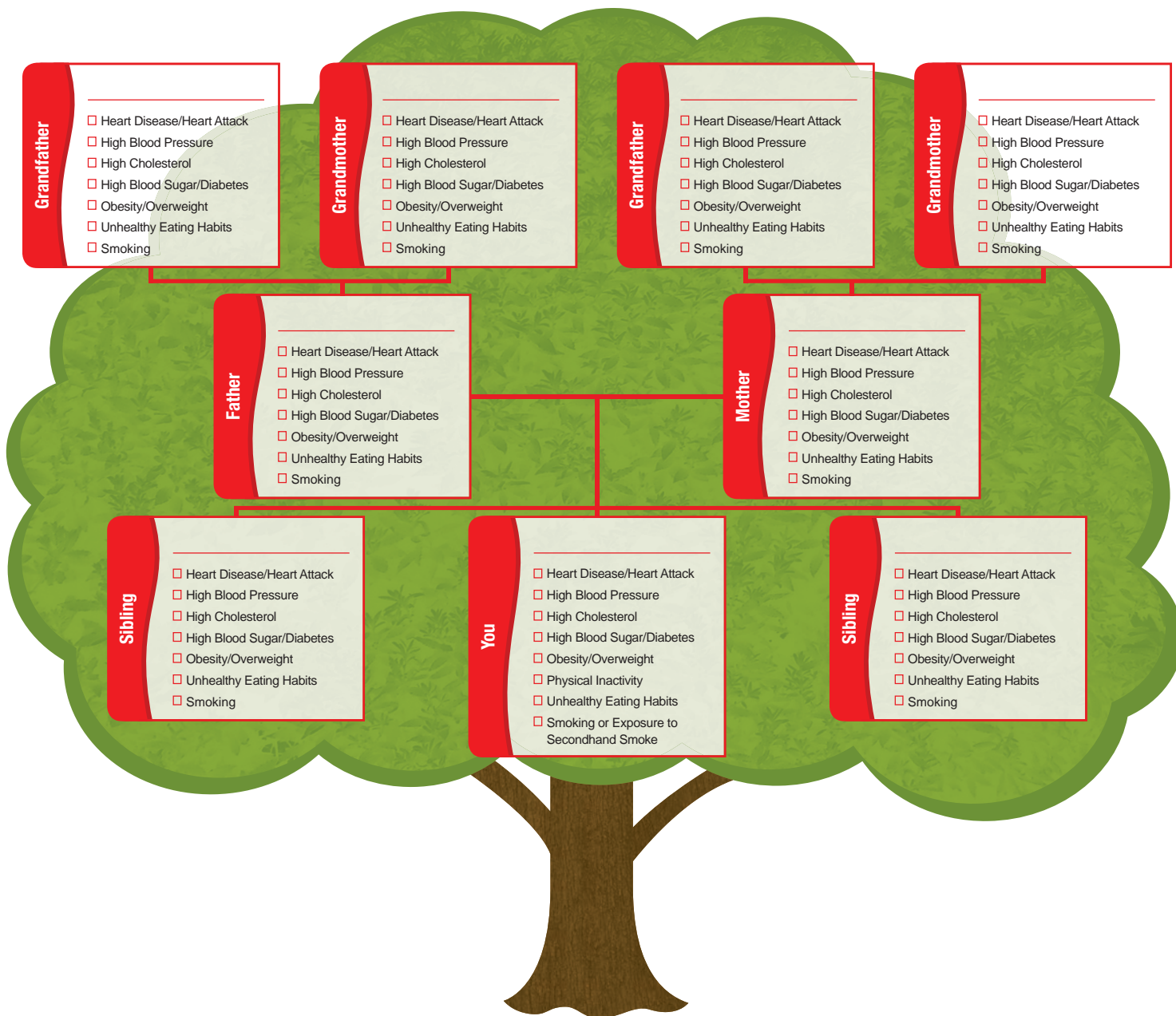


Drink sparkling water, unsweetened tea or sugar-free beverages.



Eating and drinking a lot of added sugar is one probable cause of the obesity epidemic in the U.S. It's also linked to increased risks for high blood pressure, high cholesterol, diabetes and inflammation in the body.

# Heart Disease in the Family Tree Means It's Time to Turn Over a New Leaf.



The tendency to develop heart disease can run in the family, passed down through risk factors such as high blood pressure, high cholesterol, high blood sugar levels and obesity.

Now for the good news: Even with a family history of heart disease, you may prevent it through healthy eating habits and frequent physical activity. And you can pass along those habits to the next generation.

It's time to know about your family's health history. It's time to do more to reduce your own risk.

## GET STARTED TODAY WITH THESE EASY STEPS:

1. Map out your blood relatives' health history using this document as a guide.
2. Talk with your healthcare provider about what this means to you and to your family.
3. Start practicing healthy eating habits and frequent physical activity with your family.

For more information, plus a free red dress pin, visit [GoRedCorazon.org](http://GoRedCorazon.org) call 1-888-AHA-USA1 or 1-800-242-8721



Go Red For Women is nationally sponsored by

