



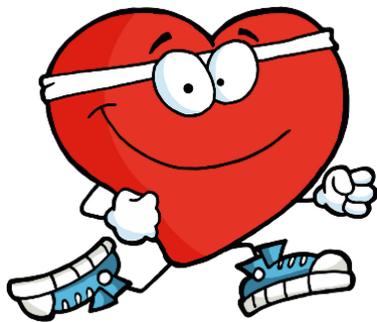
The Delaware Office of Women's Health

"Diseases of the heart" have consistently been the second leading cause of death for women. Fortunately, we can control many of the things that affect our heart health with lifestyle changes.

Keys to Preventing Heart Disease

According to the American Heart Association, eight key areas can help prevent heart disease.

1. **Eat Better** – Make smart choices and swaps to build an overall healthy eating style. Watch calories and eat smaller portions.
2. **Be Active** – Adults need two and a half hours of moderate or 75 minutes of vigorous physical activity per week. Kids should have 60 minutes every day, including play and other activities.
3. **Quit Any Tobacco Use** – The first step to quitting tobacco is to understand the risks and health effects for you and your family. You're more likely to quit for good if you prepare a plan that fits your lifestyle.
4. **Get plenty of sleep** and let your body recharge. Most adults need seven to nine hours of sleep each night.
5. **Manage Your Weight** - Achieving and maintaining a healthy weight has many benefits. Use the [CDC's Adult Body Mass Index Calculator](#) to figure out the best weight for you.
6. **Control Cholesterol** - High levels of non-HDL, or "bad," cholesterol can lead to heart disease. Check your cholesterol levels at least every five years.
7. **Blood Sugar** - Most foods we eat turn into glucose (or blood sugar) that our bodies use as energy. Too much blood sugar can damage your heart. Monitoring it can help prevent diabetes.
8. **Blood pressure** — Check your blood pressure at least every two years. Visit <https://www.healthylivingdelaware.org/Individuals/Heart/High-Blood-Pressure#what> for help monitoring your blood pressure.



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Take care of your mental and emotional health and maintain social connections. Reach out to others for help if needed and reduce your stress whenever possible. Vigorous exercise helps to relieve built-up stress. Just walking briskly for 20 minutes can make a big difference.



Know the Signs of a Heart Attack

The signs of a heart attack can be different for women than they are for men. Call 911 or go to the emergency room immediately if you think you may be having a heart attack.

- Heavy ache in your chest or back between your shoulder blades
- Sharp pain in your upper body
- Shortness of breath
- Breaking out in a cold sweat
- Unusual or unexplained tiredness
- Feeling dizzy or lightheaded
- Feeling sick to your stomach

Eat a Heart Healthy Diet

Nutrition facts on the food label can help you make healthy food choices.

- Eat five servings of fresh fruits and vegetables daily and drink plenty of water.
- Choose foods that are low in salt or low sodium.
- Limit foods that have trans-fat. Too much trans-fat can cause heart attacks.
- Cut back on sugar. Sugar is also glucose, fructose, sucrose, and corn syrup.

Women often care for everyone else before themselves. Pay attention to your own health, especially your heart health. Get more information at <https://www.healthylouisiana.org/>. **The Healthy Heart Ambassador Blood Pressure Self-Monitoring Program** to help manage and lower high blood pressure. FREE Blood Pressure Monitor and classes on cooking, monitoring blood pressure, and lifestyle changes, the four-month program teaches ways to get and stay healthier. Sign up by calling 302-208-9097.

Get the Facts About Aspirin

- Daily use of aspirin to prevent heart attacks or a stroke is not right for everyone. Ask your healthcare provider if you should use aspirin.
- If aspirin is right for you, find out how much and how often you should take it.
- Ask your health care provider how long you should take aspirin. Some products combine aspirin with other ingredients and are not meant for long-term use.

Tell your health care provider about all the medicines and supplements you take. Your risk of bleeding may be higher if you use aspirin while also taking certain medication, vitamins, or herbs. Never stop taking prescribed medication without first talking to your doctor, nurse, or pharmacist. Stay in touch and talk with your health care team. Work together to prevent or treat the medical conditions that can lead to heart disease.

