Cardiovascular disease (CVD) is a term that is commonly used interchangeably with heart disease, stroke and peripheral artery disease. CVD describes the narrowing of blood vessels in the body with the plaque.

Plaque located in the blood vessels can lead to fatal heart attacks, heart failure, chest pain and stroke.

Other conditions that affect the heart’s muscle or valves are also considered heart disease.

Cardiovascular Disease Is The #1 Killer Of Women

Heart Disease and Stroke: 28%

All Cancers: 21%

Chronic Lung Disease: 6%

Alzheimer’s: 5%

Accidents: 4%

Diabetes & Obesity

3/5 women over 20 are overweight or obese

Risk of Diabetes is higher for women of color

15% of Black American Women

12% of Latina Women

6% of White Women

Lower Your Risk

Total Cholesterol
Less than 180 mg/dL

LDL "Bad"
Less than 160 mg/dL

HDL "Good"
Women: > 50 mg/dL Men: > 40 mg/dL

Triglycerides
Less than 150 mg/dL

Blood Pressure
Less than 120/80

Family History
Having a direct family member with history of CVD increases risk

Diabetes
Normal less than 100 Puts you at the same risk as someone who has already had a heart attack.

Body Mass Index
Greater than 18.5 but less than 25

Waist Circumference
Women: Less than 35 inches Men: Less than 45 inches

Exercise
30 mins of aerobic activity 5 times a week. Muscle strengthening 2 times a week

Diet and Nutrition
With the help of your doctor, help determine your daily calorie intake

Tobacco and Alcohol
Stop smoking and reduce exposure to secondhand smoke. Women: one drink or less a day. Men: 2 drinks or less
If You Have These Symptoms
Seek Help Immediately

Left chest, arm, jaw or stomach pain/pressure
Tiredness or shortness of breath with activity or at rest
Unexplained lightheadedness and palpitations
Facial droop, loss of function of arm or leg, inability to speak or understand

If You Have These Symptoms
Talk to Your Doctor

Shortness of breath at rest
Pain in legs with walking
Fluttering, palpitations
Heart murmurs
Multiple heart disease risk factors

What You Can Do To Prevent CVD

- Tobacco
  - DON'T SMOKE OR CHEW
  - Many treatments are available to quit tobacco
  - Talk to your doctor about quitting
  - Try to avoid secondhand smoke

- Diabetes
  - Keep your blood sugar normal (100mg/dl)
  - Keep your blood pressure normal (120/80)
  - See a dietitian
  - Protect your feet from harm - make regular podiatry appointments

- Be Active
  - Take simple steps to stay active
  - Go for a short 30 minute walk once a day
  - Use the stairs
  - Be more active when performing daily activities
  - Maintain a healthy weight

- Eat Healthy
  - Eat a heart-healthy diet
  - Eat more vegetables
  - Eat lean protein: fish, eggs, white meat
  - Avoid fried and processed foods
  - Eat less salt
  - Avoid sugar in foods and drinks

Cardiovascular disease can be controlled with lifestyle, medication and treatment

References
3. American Heart Association, Heart Disease and Stroke Statistics. 2016 Update

Find us on the web
www.YourHeartHealth.com

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