

HER HEALTH FIRST

HEART DISEASE IS THE LEADING CAUSE OF DEATH IN CANADA FOR WOMEN OVER THE AGE OF 55

Early heart attack signs that are missed in

78% of women



Almost

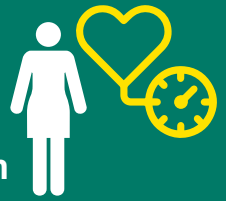
1 IN 2 US WOMEN

have cholesterol levels that are considered elevated.



5x

as many women die from heart disease as they do from breast cancer.



A SURVEY OF 305 WOMEN IN CANADA FOUND THAT:

JUST OVER 1 IN 3

women are concerned about heart disease, particularly among those 45+



NEARLY 2 IN 3

women strongly agree that smoking increases risk of heart disease



BUT ONLY ABOUT 1 IN 3

feel the same regarding diet, exercise and high cholesterol



Among those women who didn't talk to their doctors about cardiovascular disease

30%

identified that the reason why is because it's not something they are concerned about



HOWEVER 84%

of women are more likely to get a cardiovascular disease screening if a female in their social circle recommended it



RISK FACTORS FOR DEVELOPING CVD INCLUDE:



Smoking



Being overweight



Hypertension (high blood pressure)



Diabetes



Hyperlipidemia



Family history of heart disease



Physical inactivity



Unhealthy diet



Menopause

TO SAFEGUARD YOUR HEART HEALTH AND FOR TIPS ON TALKING TO OTHER WOMEN IN YOUR LIFE, VISIT:

WWW.HERHEALTHFIRST.CA