

# Canadian Women and Heart Disease

## **EVERY WOMAN NEEDS TO KNOW ABOUT HEART DISEASE; IT'S THE #1 KILLER OF WOMEN**

### **What we know:**

- ♥ This year, just as many women will die of heart disease as men
- ♥ This year, more women than men will die of stroke

### **Risk factors for developing heart disease:**

- ♥ Smoking puts women at high risk of heart disease
- ♥ Obesity: Over 50% of adult women are overweight or obese.
  - Obesity increases our risk of high blood pressure, diabetes, high cholesterol, heart disease, and stroke
- ♥ Physical inactivity: Only 49% of adult women are physically active.
  - Physical inactivity *doubles our risk* of developing, and dying, from heart disease and stroke
- ♥ High Blood Pressure: Almost one-quarter of adult women have high blood pressure
  - High blood pressure quadruples our risk of developing heart disease
- ♥ Diabetes: One in twenty adult women has diabetes
  - Diabetes increases our risk of heart disease by 800%
- ♥ Stress: Over one-quarter of adult women report high stress
  - Stress increases our risk of developing heart disease
- ♥ Alcohol: About 10% of adult women consume 5 or more alcoholic drinks on one occasion more than 12 times per year.
  - Excessive alcohol can increase our blood pressure, increase the risk of obesity, and increase our risk for heart disease and stroke

### **Action:**

- ♥ Know your number and know if they are okay:
  - What is your blood pressure? Is it within normal limits?
  - What is your cholesterol? Is it within normal limits?
  - What is your body mass index? Is it within normal limits?
  - How many minutes of exercise do you do per week? Is it enough to benefit your heart?
- ♥ If you smoke: QUIT!
- ♥ Check your eating patterns
  - Are you getting enough fresh fruits and vegetables?
  - Exercise: 30-60 minutes of moderate activity (brisk walking) on most days of the week is all you need
  - Put a plan in place to manage your stress-talk to someone if you need help

For more information from the University of Ottawa Heart Institute's Heart Health Education Centre visit:

[www.ottawaheart.ca/HHEC](http://www.ottawaheart.ca/HHEC)

or

613-761-4753

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