

Your Employee Assistance Program is a support service that can help you take the first step toward change.

Heart Truth: Heart Health for Women

The Simple Steps Toward Prevention and Heart Health for Women

Did you know that heart disease is the leading cause of death for women, yet only one in five females believe it is their greatest health threat? Heart disease in women is often silent, hidden, and misunderstood. Women of all ages should take heart disease seriously. The good news is that heart disease can be prevented, with awareness, education, and care.

Tips to make good decisions for heart health:

1. Eat a heart healthy diet by reading the nutrition facts on food labels. Be sure to choose foods that are labeled as “low salt” or “low sodium”. Try to avoid foods that have trans fat. Also try to limit your sugar intake. Sugar can be labeled as glucose, fructose, sucrose and corn syrup.
2. Manage your health conditions because common health problems like high blood pressure, diabetes, and high cholesterol can increase your risk of heart disease. Take prescribed medications as directed and have your blood pressure and cholesterol tested regularly. Pregnant women should be especially mindful to speak with their healthcare providers about managing health conditions.
3. Get the facts about aspirin as a preventative measure. Daily use of aspirin to prevent heart attacks or stroke is not right for everyone so ask your healthcare provider if you should use aspirin. If aspirin is right for you, find out how much you should take, how often you should take it, and how long you should plan on taking it. Be sure to tell your healthcare provider about other medicines and supplements that you take.
4. Know the signs of a heart attack, as the signs can be different for women than they are for men. Women typically experience chest pain (heavy ache or pressure), pain in your upper body (arms, neck, jaw, back or upper stomach), shortness of breath, breaking out in a cold sweat, unusual or unexplained tiredness, feeling dizzy or light-headed, or feeling sick to your stomach. Call 911 if you ever think you are having a heart attack.

Remember to wear red in February for American Heart Month to help raise awareness about heart disease prevention!

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