



YOU WEAR IT WELL

Help raise awareness about women and heart disease.

Wear Red and Lower Your Risk for Heart Disease

Wear red in February for American Heart Month to help raise awareness about heart disease, but don't stop there. Take a few more steps for wellness, and lower your risk for heart disease.

Read on to find out:

- your risk for a heart attack. You may be surprised.
- how to lower your risk for heart disease. It's simpler than you think.
- what your body mass index (BMI) is.
- how easy it is to get 30 minutes of physical activity most days.
- what the signs and symptoms of a heart attack are.
- what questions to ask your health care provider.
- where you can learn more.

What's Your Risk?

Below is a quick quiz to find out your risk for a heart attack. If you don't know some of the answers, check with your health care provider.

QUESTION	Yes	No	Don't know
Do you smoke?			
Is your blood pressure 140/90 or higher, OR have you been told by your doctor that your blood pressure is too high?			
Has your doctor told you that your total cholesterol level is 200 mg/dL or higher OR that your HDL (good cholesterol) is less than 40 mg/dL?			
Has your father or brother had a heart attack before age 55, OR has your mother or sister had one before age 65?			
Do you have diabetes OR a fasting blood sugar of 126 mg/dL or higher, OR do you need medicine to control your blood sugar?			
Are you over 55 years old?			
Do you have a body mass index (BMI) score of 25 or more?			
Do you get less than a total of 30 minutes of physical activity on most days?			
Has a doctor told you that you have angina (chest pains), OR have you had a heart attack?			

If you answered "yes" to any of these questions, you're at an increased risk of having a heart attack.

Learn more about what you can do to lower your risk for heart disease and questions to ask your health care provider.

Wear It Well: Women and Heart Disease Prevention: www.cdc.gov/women/heart