



# YOU WEAR IT WELL

Help raise awareness about women and heart disease.

## Wear Red and Lower Your Risk for Heart Disease

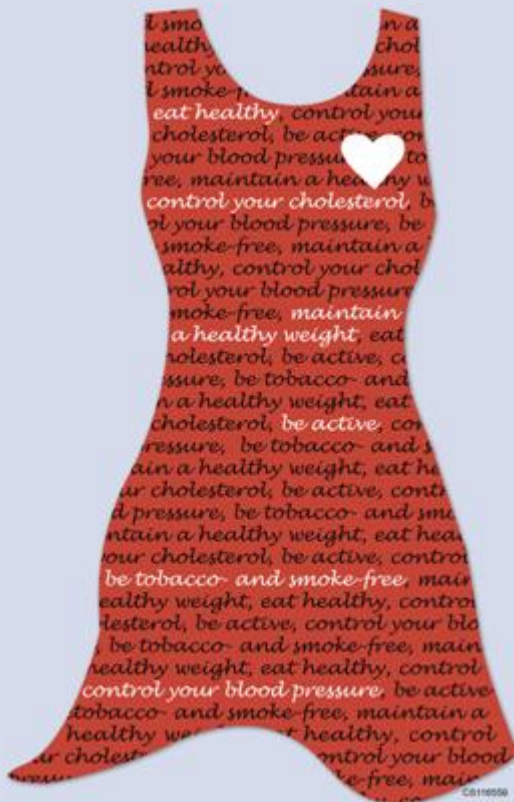
Wear red in February for American Heart Month to help raise awareness about heart disease, but don't stop there. Take a few more steps for wellness, and lower your risk for heart disease.

### 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.

## Lower Your Risk for Heart Disease

In principle, all people can take steps to lower their risk for heart disease and heart attack. A healthy diet and lifestyle are the best weapons you have to fight heart disease. Many people make it harder than it is. It is important to remember that it is the overall pattern of the choices you make that counts.

## What's Your Body Mass Index?

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.

## It's Easy to Be Active

Adults need a minimum of 30 minutes of moderate physical activity on most, preferably all, days of the week. Children should get 60 minutes or more. Does singing and shopping count as physical activity? What about putting groceries away or playing with pets? Regular physical activity substantially reduces the risk of dying of coronary heart disease; decreases the risk for stroke, colon cancer, diabetes, and high blood pressure; and more.

## Know and Act Immediately

It is important to recognize the signs and symptoms of a heart attack and to act immediately by calling 911. A person's chances of surviving a heart attack are increased if emergency treatment is given to the victim as soon as possible.

## Questions to Ask Your Health Provider

Getting answers to these questions will give you vital information about your heart health and what you can do to improve it. Take this list to your next appointment, and write in the answers.

1. What is my risk for heart disease?
2. What is my blood pressure? What does it mean for me, and what do I need to do about it?
3. What are my cholesterol numbers (including total cholesterol, LDL or "bad" cholesterol, HDL or "good" cholesterol, and triglycerides)? What do they mean for me, and what do I need to do about them?
4. What are my "body mass index" and waist measurement? Do I need to lose weight for my health?
5. What is my blood sugar level? Am I at risk for diabetes?
6. What other screening tests for heart disease do I need? How often should I return for checkups for my heart health?
7. What can you do to help me quit smoking?
8. How much physical activity do I need to help protect my heart?
9. What is a heart-healthy eating plan for me? Should I see a registered dietitian or qualified nutritionist to learn more about healthy eating?
10. How can I tell if I'm having a heart attack?

## Learn More

Wear It Well: Women and Heart Disease Prevention: [www.cdc.gov/women/heart](http://www.cdc.gov/women/heart)

Heart Disease: Frequently Asked Questions: [www.cdc.gov/heartdisease/faqs.htm](http://www.cdc.gov/heartdisease/faqs.htm)

The Heart Truth Campaign: [www.nhlbi.nih.gov/health/hearttruth](http://www.nhlbi.nih.gov/health/hearttruth)