



**HEART DISEASE**

*doesn't*

**CARE WHAT YOU WEAR**

**IT'S THE #1 KILLER OF WOMEN**

These women know *The Heart Truth*—no matter how great you look on the outside, heart disease can strike on the inside. And being a woman won't protect you.

**Try these risk factors on for size:** Do you have high blood pressure? High blood cholesterol? Diabetes? Are you inactive? Are you a smoker? Overweight? If so, this could damage your heart and lead to disability, heart attack, or both.

The Red Dress is a red alert to take heart disease seriously. Talk to your doctor and get answers that may save your life.

*The Heart Truth* is, it's best to know your risks and take action now. [www.hearttruth.gov](http://www.hearttruth.gov)



U.S. Department of Health and Human Services  
National Institutes of Health



National Heart  
Lung and Blood Institute  
People Science Health



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