

WOMEN AND HEART DISEASE



RISK FACTORS

- Using too much alcohol
- Using commercial tobacco
- High cholesterol
- Having diabetes
- Being overweight
- Stress and depression

WHAT YOU CAN DO FOR HEART HEALTH



- Exercise daily
- Get enough sleep
- Check for diabetes
- Quit commercial tobacco use



- Limit alcohol
- Know your blood pressure
- Know your cholesterol
- Drink water



For more information visit: shorturl.at/aSdTD

