

What women can do to PREVENT HEART DISEASE?



Here are top tips from the Scripps Women's Heart Center

Keep cholesterol in check.

1 out of 2 women has high or borderline high cholesterol.

Maintain a healthy weight.

43.2 million U.S. women are classified as obese.

Know your blood pressure.

High blood pressure is defined as

140/90

by the U.S. Centers for Disease Control (CDC).



Manage your blood sugar.

Women with diabetes are 2.5 times more likely to have a heart attack.

Eat healthy.

Try to eat 5 to 9 servings of fruits and vegetables each day.



Quit smoking.

Women who smoke have a 25 percent higher risk of developing heart disease than men.

Know your family history.

Share any family history of heart disease with your doctor.



Stay active.

30 minutes of exercise each day can help lower "bad" cholesterol (LDL).

Schedule an appointment with your doctor to learn your personal risk for heart disease.

