



FEBRUARY

HEART

HEALTH MONTH



National Wear Red Day
Friday, February 5, 2016
Go Red for Women

- Heart Disease is the No. 1 killer of women; cause 1 in 3 death each year.
- The warning signs of Heart Attack for women aren't the same in men.
- Heart Attack in women tend to be under treated compared with men.

LEARN SIGNS OF STROKE- F.A.S.T



LEARN SIGNS OF HEART ATTACK

- Sweating
- Nausea or throwing up
- Shortness of breath
- Dizziness
- Fainting
- Chest pain or discomfort
- Pain moving down the left arm
- Pain moving up to the left side of the jaw
- Pain or discomfort in your back or stomach



Make Healthy Changes to Lower your Risk of Developing Heart Disease

Watch Your Weight



Quit Smoking & Stay Away from 2nd Hand Smoking



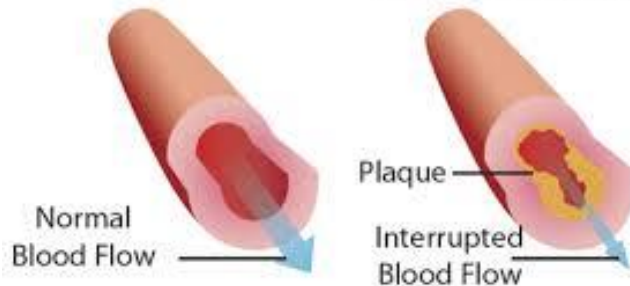
Make Control Your Goal

Control Cholesterol & Blood Pressure



Normal Artery

Artery Narrowed by Arteriosclerosis



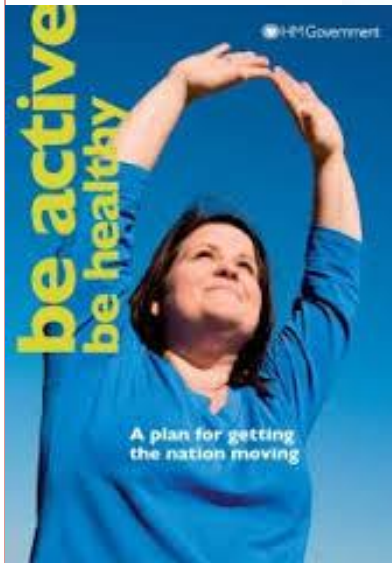
Cholesterol cause Plaque Build-up in Artery

Drink only in Moderation, if you Drink Alcohol

- If you choose to drink, have only a moderate (limited) amount. This means:
- No more than 1 drink a day for women
- No more than 2 drinks a day for men
- One drink is a:
- Bottle of beer (12 ounces)
- Glass of wine (5 ounces)
- Shot of liquor (1.5 ounces)

Make Healthy Changes to Lower your Risk of Developing Heart Disease

Be Active



Eat Healthy

