

You're Sassy & Smart, How's Your Heart?

Are You at Risk for Heart Disease?



 **ROPER**
ST. FRANCIS
HEART & VASCULAR CENTER

Heart disease is the number one killer of women in the U.S. Almost one in every two women will die of heart disease or stroke. And women of color, primarily African American and Hispanic women have higher rates of death from cardiovascular disease than white women. That's why it is vital for women to know if they are at risk for heart disease and what to do if they think they are having a heart attack.

Place a check mark on all that apply. If you have multiple risk factors, you may be at an elevated risk for heart disease.

- | | |
|--|--|
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> High cholesterol |
| <input type="checkbox"/> Overweight | <input type="checkbox"/> Cigarette smoking |
| <input type="checkbox"/> Lack of exercise | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Post menopause | <input type="checkbox"/> Family history of heart disease |
| <input type="checkbox"/> Poor nutrition | <input type="checkbox"/> Stress |

What You Can Do

Educating yourself about symptoms and risk factors is a great first step. The following are some other simple things you can do:

- Get physical
- Eat right
- Relax
- Stop smoking

Find a Doctor for Your Heart

The Roper St. Francis Heart & Vascular Center is dedicated to educating and caring for cardiovascular patients with leading edge treatments delivered by skilled and compassionate doctors and nurses. The center has an excellent team of board certified cardiologists and vascular specialists. For a free doctor's referral, call **402-CARE** or visit us at www.rsfh.com/heartandvascular.

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