



For more resources, contact:

Heart and Stroke Foundation

Phone 1-888-473-4636

<http://www.heartandstroke.ca/>

Canada Food Guide

<https://www.canada.ca/en/health-canada/services/canada-food-guides.html>

Diabetes Canada

<https://www.diabetes.ca/home>

Canadian Mental Health Association

<https://cmha.ca/>

References:

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2. Heart and Stroke Foundation. (2018). *Ms.Understood*. Ottawa, ON: Heart and Stroke Foundation.
3. Low, C. A., Thurston, R. C., & Matthews, K. A. (2010). Psychosocial factors in the development of heart disease in women: current research and future directions. *Psychosomatic Medicine*, 72(9), 842-854.
4. McSweeney, J. C., Cody, M., O'Sullivan, P., Elbertson, K., Moser, D. K., & Barvin, B. J. (2003). Women's early warning symptoms of acute myocardial infarction. *Circulation*, 13(3), 2619-2623.



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Women's Heart Disease

What puts your heart at **risk** and
what you can do to **prevent** it.

Who gets heart disease?

- Heart disease is **the #1 killer** of women.
- 2-3 women die of heart disease for every 1 man.
- Women get heart disease later than men, usually post-menopause.

What are the symptoms?

Pain, aching, pressure, or
tightness in the chest.

Early signs to look for:

Nausea
Tiredness
Trouble sleeping
Dizziness
Indigestion
Shortness of breath
Anxiety

What puts me at risk?

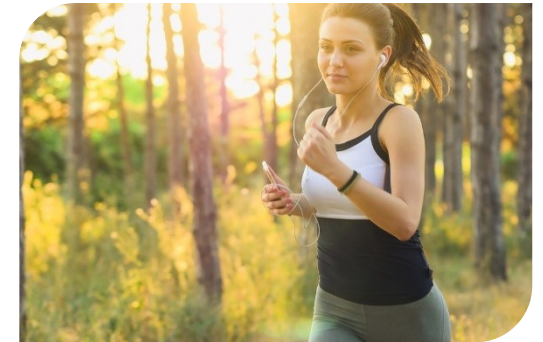
- Diabetes
- Depression
- High blood pressure
- Low good cholesterol or high bad cholesterol
- Smoking
- Obesity
- Metabolic Syndrome
- Physical inactivity
- Pregnancy-related issues
- Treatment for breast cancer
- History of childhood abuse
- Loneliness
- Poverty
- Racism and discrimination
- Chronic life stress



How can I prevent heart disease?

Lead a healthy lifestyle.

- Be physically active*
- Eat a balanced diet
- Maintain a healthy weight
- Be smoke-free*
- Get enough sleep**
- Build positive relationships
- Reach out and get support
- Reduce stress
- Get screened early



* Talk with your doctor before major lifestyle changes.

** Sleep recommendations vary by age.

