



Women's Cardiovascular Medicine Program – caring for your heart

For more information,
contact the UC Davis
Women's Cardiovascular
Medicine Program by calling
530-752-0718 or visiting
womenshearthealth.ucdavis.edu

## Ten heart-healthy steps you can take

- Learn about the risks, signs and symptoms of heart disease, and share the information with your family, coworkers and community.
- 2 Know your numbers cholesterol, blood pressure, blood sugar and waist size.
- 3 Adopt a heart-healthy lifestyle:
  - > Get at least 150 minutes of physical activity each week
  - > Follow a heart-healthy diet and manage your weight (visit www.choosemyplate.gov to get started)
- 4 Eat a diet lower in sodium.
- 5 Know the importance of calling 9-1-1 if you experience any of the warning signs or symptoms of a heart attack or stroke. Don't ignore your symptoms, don't delay, don't ask a friend to drive you and don't drive yourself.
- 6 Seek out reputable heart-health resources for women like The Heart Truth® campaign from the National Institutes of Health and the UC Davis Women's Cardiovascular Medicine Program.
- Stay informed see our educational resources and downloadable materials.
- Wear the red dress pin and spread its message: Heart Disease Doesn't Care What you Wear It's the Number One Killer of Women!
- Help fight heart disease by educating other women about its risk, participating in heart-disease education and prevention efforts, and getting involved.
- Make a contribution support women's heart care and the UC Davis Women's Cardiovascular Medicine Program.

A happy heart starts with a healthy heart!

