Heart Disease is #1 killer of women. Know your risk factors.

February 6, 2009 is Wear Red Day. The Healthy Carolinians of the Albemarle Chronic Disease subcommittee would like to encourage you to wear red to help increase the awareness of Heart Disease.

Do you know The Heart Truth about women and heart disease? More women die of heart disease than any other disease—even breast cancer. In fact, one in four women dies of heart disease. And living with it can lead to disability and a decreased quality of life.

But few women take their risk seriously—or personally. Having just one risk factor can double your risk for developing heart disease. Multiple risk factors, will, multiply your risk.

What can you do to lower your risk?

Know the risk factors for heart disease:

- High blood pressure
- High blood cholesterol
- Diabetes
- Smoking
- Overweight/obesity
- Physical inactivity
- Family history of early coronary heart disease
- Age (for women, 55 and older)

Talk to your doctor to find out if you are at risk. And take action. Not smoking, heart healthy eating, physical activity, maintaining a healthy weight, and taking prescribed medication can help to control and reduce the risks.

This information is brought to you from The Heart Truth, a national awareness campaign sponsored by the National Heart, Lung, and Blood Institute (NHLBI), a part of the National Institutes of Health, U.S. Department of Health and Human Services, in partnership with: American Heart Association; Office on Women's Health, U.S. Department of Health and Human Services; WomenHeart: the National Coalition for Women with Heart Disease; and other organizations committed to the health and well-being of women.

For more information about women and heart disease, visit www.hearttruth.gov. If you are interested in learning more about the Healthy Carolinians of the Albemarle Chronic Disease subcommittee, you can contact Georgia Kight, NC Cooperative Extension Family & Consumer Sciences Extension Agent at 232-2261.