

# Caring for Women and Their Hearts

## Prevention, awareness, and early action

Cardiovascular disease is the  
No. 1 cause of death in women

### Top 10 healthy habits to prevent heart disease



Stop smoking



Exercise  
30 minutes a day, 5 days a week



Keep your blood sugar in check



Maintain a healthy weight



Eat a heart-healthy diet  
plant-based or Mediterranean



Manage stress



Check your cholesterol



Know your family history



Manage your blood pressure



Get enough sleep

### Signs of a heart attack

It's important to know these possible warning signs of a heart attack. If something feels off, trust your instincts and seek care immediately.

#### Chest and breathing

- Uncomfortable pressure, squeezing, or pain the chest
- Shortness of breath

#### Pain or discomfort

- Pain in the shoulder, back, arm, neck, or jaw

#### Body-wide symptoms

- Nausea or vomiting
- Cold sweats
- Lightheadedness or fainting
- Unusual tiredness or weakness

#### Other signs

- Rapid or irregular heartbeats
- Anxiety
- Upset stomach or indigestion