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Heart Health for Women
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♥ **Maintain a healthy weight.** Consuming high amounts of fruits and vegetables and low amounts of fatty acids and alcohol can help in both lowering and stabilizing your weight.

♥ **Avoid smoking.** Let us know if you are ready to quit smoking. Our providers and care managers can help you make a plan to succeed.

♥ **Stay active!** Exercise at least 2.5 hours per week. You can break this up into 30-minute workouts 5 days a week or even smaller 10-minute workouts throughout the day. In our area, there are ample hiking and biking opportunities at Indian Mountain State Park, Cumberland Falls State Park, and the Big South Fork National Recreation Area. Cumberland River and Lake Norris offer boating and kayaking opportunities as well.

Cardiovascular disease (CVD) is the leading cause of death in both men and women in the United States. CVD is a general term for diseases that affect the heart and blood vessels.

CVD is different for women than men.

In men, CVD is more likely to cause heart disease, while in women it is more likely to cause stroke.

Heart attack symptoms in women may be different from those in men.

Women with heart disease may have chest discomfort or other symptoms, such as shortness of breath, back pain, jaw pain, or nausea and vomiting.

How can I lower my risk of CVD?

♥ **Have regular screening tests for diabetes and cholesterol levels.** Talk to your health care provider about how often you should be getting these tests.

♥ **Get your blood pressure checked.** Your blood pressure should be checked at least once every 2 years if you have never had high blood pressure. It may need checked more often if your blood pressure was high in the past.

Change can be hard.

Our behavioral health providers can help you make a plan to stick to your goals!

Did you know?

If you had preeclampsia during pregnancy, you have a higher risk of developing cardiovascular disease (CVD) later in life.

