

Women's heart health facts

Top health issue.

Heart disease is the #1 cause of death for American women.

#1

The odds.

More women are affected by heart disease than all forms of cancer combined.



5 tips

to lower your risk of heart disease



Don't smoke.

And if you do, quit. Women who smoke are two to six times more likely to suffer a heart attack than non-smoking women. Smoking also boosts the risk of stroke and cancer.



Aim for a healthy weight.

It's important for a long, vigorous life. Being overweight causes many preventable deaths.



Get moving.

Make a commitment to be more physically active. Aim for 30 minutes of moderate-intensity activity on most, preferably all, days of the week.



Eat for heart health.

Choose a diet low in saturated fat, trans fat, and cholesterol, and moderate in total fat. Eat plenty of fruits, vegetables, whole grains and fat-free or low-fat milk and milk products. Also include lean meats, poultry, fish, beans, and nuts in your diet.



Know your numbers.

Ask your doctor to check your blood pressure, cholesterol (total, HDL, LDL, triglycerides), and blood glucose. Work with your doctor to improve any numbers that are not normal.

Help Diet Coke and The Heart Truth® campaign spread the word about women's heart health by re-tweeting and sharing this message. 

