



Heart disease is the leading killer of women in the U.S. Women in Delaware are at a particularly high risk for heart disease compared to the national average. Knowing your risk factors allows you to take an active role in preventing heart disease and heart attack.






You have it in your heart.

Lower your risk for heart disease – you can take small steps every day toward feeling your best for you and your loved ones.

- ♥ **Eat Well** – Eat more fish, whole grains, and fresh fruit and vegetables.
- ♥ **Exercise Daily** – Try gardening, brisk walking, dancing, swimming or biking every day of the week.
- ♥ **Lose Weight** – Even a few pounds make a difference; use a registered dietitian or weight loss program, and partner with a coach, friends and family to stay on track.
- ♥ **Manage Stress** – Allow time to relax and have fun every day; deep breathing, yoga, tai chi and calming exercises can help control your blood pressure and body weight.
- ♥ **Quit Smoking** – Call the Delaware Quitline 1-800-409-1858 today if you need help.
- ♥ **Regular Checkups** – Visit your health care provider regularly and ask them about personal risk factors like family history, high cholesterol, blood pressure and diabetes.

Ask your health care provider.

Talk to your health care provider to get a better understanding of your risk for heart disease. Getting answers to these questions will give you important information on improving your heart health.

-  What is my risk for heart disease?
-  What screening tests should I have to determine my heart health?
-  Are my blood pressure, cholesterol, triglycerides and glucose levels high?
-  What are my “body mass index” and waist measurement? Do they mean that I need to lose weight for my health? If so, who can help me to lose weight?
-  How can I improve my nutrition to protect my heart?
-  How much physical activity do I need to help protect my heart?
-  Am I at risk of diabetes? How can I prevent or manage diabetes?
-  What can you do to help me quit smoking?
-  How can I tell if I am having a heart attack or stroke?
-  What are the local support services that can help me stay healthy?

For more information on preventing heart disease in women, talk to your health care provider and visit our website at www.hearttruthdelaware.org.



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