Go Red for Women!
Friday, February 1, 2019 Is Women’s Heart Health Day!
WEAR RED TO SHOW YOUR SUPPORT!

Did You Know?
HEART DISEASE IS THE #1 KILLER OF WOMEN
Heart attack signs and symptoms are often different in women than men. They may include:
• Chest discomfort
• Pressure or pain in jaw
• Arm, neck or back discomfort or pain
• Nausea
• Indigestion
• Vomiting
• Shortness of breath
• Unusual fatigue

What Can You Do?
Know your numbers—blood pressure, cholesterol, blood sugar, BMI—and review them with your primary care provider (PCP).
Practice the Simple Seven:
1. Get active
2. Control cholesterol
3. Eat better
4. Manage blood pressure
5. Lose weight
6. Reduce blood sugar
7. Stop smoking

Learn more at goredforwomen.org and wespath.org

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Provided by Wespath Benefits and Investments

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