

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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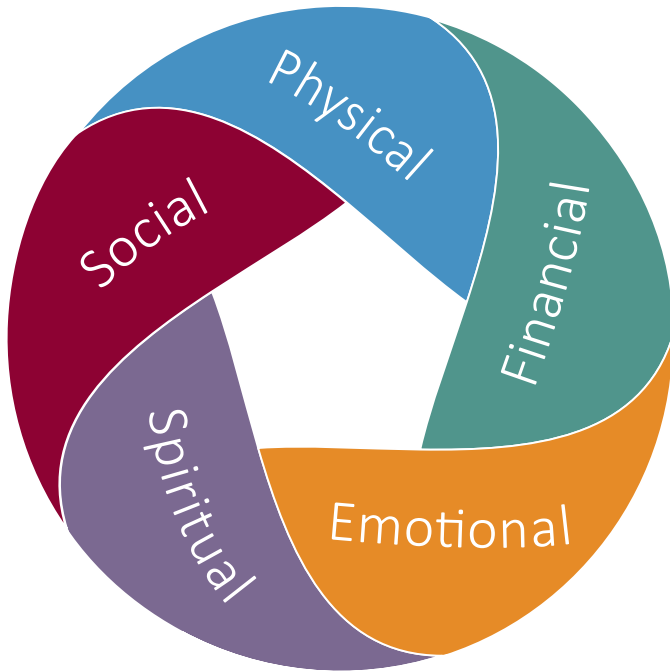


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DIMENSIONS

CONNECTING ELEMENTS OF WELL-BEING



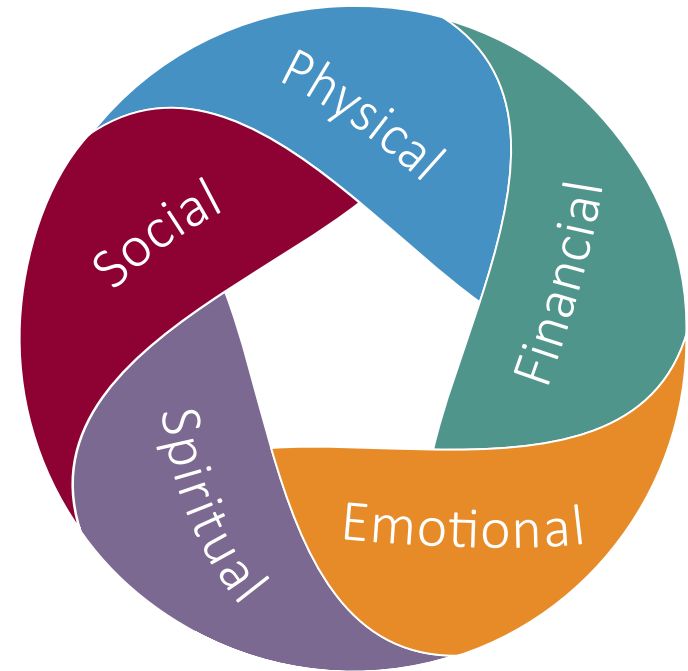
Find more health and well-being information at wspath.org/benefits.

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