

MY Heart IN MY Hands

Fact Sheet

Heart disease and stroke are leading causes of death for women in Newfoundland and Labrador. However, by making lifestyle changes, we can reduce our risk of premature heart disease and stroke by as much as 80 per cent.

KNOW THE RISKS

Risk factors you can control: **Risk factors you can't control:**

Being Smoking free
Drinking too much alcohol
High blood pressure
Stress
Physical Inactivity
High cholesterol levels
Maintaining a healthy weight
Diabetes
Healthy eating habits

Age
Gender
Family history
Ethnicity

Here are some things that you can do to reduce your risks:

Exercise and Nutrition

Diet and exercise are important for a healthy heart. Participating in a minimum of 2 sessions of weight-bearing exercise plus 150 minutes of moderate to vigorous-intensity aerobic activity each week is recommended. Eating seven to eight servings of vegetables and fruit each day, plus limiting your consumption of saturated and trans fat, sodium, sugar, and alcohol also puts you on the right track.

Quit Smoking

Within one year of quitting, your risk of suffering a smoking-related heart attack is cut in half. Everyday smoke free is a day towards a healthier life.

Manage blood pressure, cholesterol levels and diabetes

High blood pressure and cholesterol levels are major risk factors for heart attack and stroke. Talking to your doctor and controlling your blood pressure levels, blood sugar levels, cholesterol levels and heart rate are essential to your heart health.

Manage Stress

Stress may affect behaviours and factors that increase cardiovascular risk, such as high blood pressure and cholesterol, smoking, drinking, physical inactivity and overeating.



heartandstroke.ca/myheartinmyhands

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