

MY Heart IN MY Hands

Ladies, now is the time...

The **TIME** to get to the heart of the matter

The **TIME** to make your heart health a priority

The **TIME** to take your heart health into your hands

The Heart of the Matter

- Heart disease and stroke are leading killers of women in Newfoundland and Labrador Many women in
- NL do not recognize heart disease and stroke as a major health threat
- Women are more likely than men to die when they suffer a heart attack and stroke kills more women than men each year
- Heart disease and stroke kills 6 times more women in Canada than breast cancer
- By making lifestyle changes, women can reduce their risk of premature heart disease & stroke by up to 80%

Take Heart Matters into your own Hands

- Be smoke free
- Lower your cholesterol
- Maintain a healthy weight
- Keep physically active
- Monitor your blood pressure
- Reduce stress
- Manage your diabetes
- Limit alcohol
- Talk to your doctor
- Maintain a balanced diet
- Limit alcohol intake



heartandstroke.ca/myheartinmyhands

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