

Go Red for Women's Health-Get a Check-up

Go Red for Women's Health

The “Go Red” is a slogan of the American Heart Association in their effort to raise awareness of heart disease in women. According to the American Heart Association's website, cardiovascular diseases are the leading cause of death for women, in particular African-American and Hispanic women. These women are likely to develop heart disease earlier than Caucasian women.

Heart Disease Can Be Prevented

There are many ways to prevent heart disease, such as the following:

- 1) Reducing stress
- 2) Watching your diet
- 3) Exercising and
- 4) Most importantly,



Picture 1 1Go Red:
[file:///Users/robinkelley/Pictures/2017_GRFWHaveFaithinHeartENG%20\(1\)%20\(1\).pdf](file:///Users/robinkelley/Pictures/2017_GRFWHaveFaithinHeartENG%20(1)%20(1).pdf)

Other Numbers to Know...

- Cardiovascular diseases are the leading cause of death for African-American women, killing over 48,000 annually.
- Only 36% of African American women know that heart disease is their

Take Charge of Your Health with a visit to your doctor; you owe it to yourself and your family.

Go Red For Women® is a national movement led by the American Heart Association. Yet it means more than just wearing red, it means taking action to help women take care of themselves and their health. Knowledge is key in the fight against heart disease, stroke, and high blood pressure. Join us February 12th to get free blood pressure screening. Also join us in wearing red on Sunday, February 12th

knowing your numbers

We have all heard about the need to know our cholesterol and blood pressure numbers.

What Does Blood Pressure Numbers Have to do with Heart Disease?

According to the World Heart Federation,

“ Hypertension stresses your body’s blood vessels, causing them to clog or weaken.

Hypertension can lead to atherosclerosis and narrowing of the blood vessels making them more likely to block from blood clots or bits of fatty material breaking off from the lining of the blood vessel wall. Damage to the arteries can also Create weak places that rupture easily or thin spots that balloon out the artery wall resulting in an aneurism.

greatest health risk.

- Of African-American women ages 20 and older, 48.3% have cardiovascular disease. Yet, only 14% believe that cardiovascular disease is their greatest health problem.
- Only about 50% of African-American women are aware of the signs and symptoms of a heart attack.
- Hispanic women are likely to develop heart disease 10 years earlier than Caucasian women.
- Cardiovascular diseases are the leading cause of death for Hispanic women, killing nearly 21,000 annually.
- Only 34% of Hispanic women know that heart disease is their greatest health risk.
- Hispanic women are least likely to have a usual source of health medical care and only 1 in 8 say that their doctor has ever discussed their risk for heart disease (https://www.goredforwomen.org/about-heart-disease/facts_about_heart_disease_in_women-sub-category/statistics-at-a-glance/).

to show that you recognize that women’s health matters.

<p>Elevated blood pressure in people less than 50 years old is associated with an increased cardiovascular risk. As you get older, your systolic blood pressure becomes a more important predictor of the risk of cardiovascular disease” (http://www.world-heart-federation.org/cardiovascular-health/cardiovascular-disease-risk-factors/hypertension/).</p>		
--	--	--