



# AUTOIMMUNE DISEASE AND HER HEART

BECAUSE HER HEART MATTERS TOO • FOR MORE INFORMATION VISIT [YOURHEART.CA](http://YOURHEART.CA)



Heart disease is the #1 cause of death for people with rheumatoid arthritis or lupus.



The risk of having a heart attack is 2x higher for those with rheumatoid arthritis and 9x higher for those with lupus.



Women are 3x more likely than men to have rheumatoid arthritis and 9x more likely to have lupus.

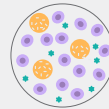
## WHAT IS AN AUTOIMMUNE DISEASE?



The immune system attacks itself, causing damage or dysfunction to the body



**Rheumatoid arthritis:** a long-lasting inflammatory type of arthritis



**Systemic lupus erythematosus (lupus):** attacks healthy cells and tissue

## RISK FACTORS

Female



Family History



Age (Young Females)



Autoimmune Disease



Chronic Inflammation



Reshapes blood-vessel walls



Plaque formed on the vessel wall more likely to break



HEART DISEASE

INCREASES INCIDENCE OF



Type 2 Diabetes



High Blood Pressure



## WHAT CAN I DO?

The steps you take to control your rheumatoid arthritis and/or lupus will also help to reduce your risk for heart disease.



**Know your numbers (ABCs)** and what they mean: **A**1C test (blood sugar test), **B**lood pressure, and **C**holesterol.



**Move more, sit less.** Choose an activity that you enjoy and that fits with your lifestyle. Aim for 30 minutes a day. (walking, bicycling, etc.)



If you smoke, find support to **quit**.



**Take your medication** as prescribed.



Download the top 5 questions to ask your healthcare provider at [yourheart.ca](http://yourheart.ca)