



# HEART DISEASE ACROSS HER LIFESPAN

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



Heart disease is the #1 killer of women worldwide and affects women of all ages.



1 in 3 women are affected by heart disease.



Following the reproductive system, the cardiovascular (heart) system has the most sex-based differences.



Your risk for heart disease changes across the lifespan. Know your risk and be proactive.

## RISK FACTORS



### ADOLESCENT

If you have heart disease, your children are at increased risk. Ensure they begin to have their cholesterol levels checked at an earlier age.

Lifelong habits are created in childhood. Make sure you teach your children healthy eating habits and the importance of movement.



### YOUNG ADULT

Early age of menstruation (under 12 years) is linked to a higher risk for heart disease.

Polycystic ovarian syndrome and primary ovarian insufficiency may increase a woman's risk for heart disease.

Know your family history.

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



### PREGNANCY

Pregnancy is like a 9-month-long heart stress test. If you delivered preterm, had high blood pressure or diabetes during your pregnancy, it could mean you are at higher risk for heart disease.

It is a **myth** that all pregnancy-related complications go away after the baby is born.

Use your baby's 6-week postpartum checkup as a chance to also ask about **your** overall health, including your heart health.

Ask your healthcare provider if your complications during pregnancy will increase



### POST-MENOPAUSE

Menopause before the age of 45 is linked to a 50% higher risk of heart disease.

After menopause, cholesterol levels usually worsen.

Know the risk factors from your life and how they affect your risk for heart disease.

## WHAT CAN I DO?

LIFESTYLE CHANGES MATTER AT ANY AGE! **TRY THESE TOP 5 TIPS TO IMPROVE YOUR HEART HEALTH:**



### Move more, sit less.

Choose an activity that you enjoy and that fits with your lifestyle. Aim for 30 minutes a day. (walking, swimming, etc.).



### Eat heart healthy.

Aim for 7 servings of fruits and/or vegetables a day.



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



**Take your medication** as prescribed.



**Know your numbers (ABCs)** and what they mean. Ask your healthcare provider to test your:

**A**1C and fasting blood glucose (tests for blood sugars)

**B**lood pressure

**C**holesterol



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