

**UC Davis Health System
Women's Cardiovascular Medicine Program**

**An Educational and Awareness Forum for Community
Leaders on Women's Heart Care**

10 HEART HEALTHY ACTION STEPS YOU CAN TAKE

- 1. Share what you have learned about the risk of heart disease, its signs, and symptoms with the members of your organization or community group.**
- 2. Encourage your members to 'know their numbers'- cholesterol, blood pressure, blood sugar**
- 3. Encourage members to adopt a heart healthy lifestyle:**
 - a. walk '10,000 Steps' a day- see enclosed guide**
 - b. follow a heart healthy diet and manage weight**
 - c. Eat a diet lower in sodium- see enclosed guide**
- 4. Make every woman aware of the importance of calling 9-1-1 if she experiences any of the warning signs or symptoms of a heart attack or stroke**
- 5. Direct women in your organization to reputable heart health resources for women (see our Program web site or call for a copy of our Directory for Heart Resources)**
- 6. Stay informed- see our Program web site for educational resources and downloadable materials**
- 7. Wear the red dress pin and spread its message: "Heart Disease Doesn't Care What you Wear- It is the Number One Killer for Women"**
- 8. Help fight heart disease by educating other women about its risk, participating in heart disease education and prevention efforts, getting involved**
- 9. Make a contribution- support women's heart care**
- 10. Remember that a happy heart starts with a healthy heart!**

For more information please contact the UC Davis Women's Cardiovascular Medicine Program at (916) 734-5513 or at www.ucdmc.ucdavis.edu/cardiology/wcvhp.html

