



# Ten heart-healthy steps you can take

- 1 Learn about the risks, signs and symptoms of heart disease, and share the information with your family, coworkers and community.
- 2 Know your numbers – cholesterol, blood pressure, blood sugar and waist size.
- 3 Adopt a heart-healthy lifestyle:
  - > Get at least 150 minutes of physical activity each week
  - > Follow a heart-healthy diet and manage your weight (visit [www.choosemyplate.gov](http://www.choosemyplate.gov) to get started)
- 4 Eat a diet lower in sodium.
- 5 Know the importance of calling 9-1-1 if you experience any of the warning signs or symptoms of a heart attack or stroke. Don't ignore your symptoms, don't delay, don't ask a friend to drive you and don't drive yourself.
- 6 Seek out reputable heart-health resources for women like *The Heart Truth*® campaign from the National Institutes of Health and the UC Davis Women's Cardiovascular Medicine Program.
- 7 Stay informed – see our educational resources and downloadable materials.
- 8 Wear the red dress pin and spread its message: Heart Disease Doesn't Care What you Wear – It's the Number One Killer of Women.®
- 9 Help fight heart disease by educating other women about its risk, participating in heart-disease education and prevention efforts, and getting involved.
- 10 Make a contribution – support women's heart care and the UC Davis Women's Cardiovascular Medicine Program.

*A happy heart starts with a healthy heart!*

In partnership with *The Heart Truth*®



*Women's Cardiovascular  
Medicine Program –  
caring for your heart*

For more information,  
contact the UC Davis  
Women's Cardiovascular  
Medicine Program by calling  
530-752-0718 or visiting  
[womenshearthealth.ucdavis.edu](http://womenshearthealth.ucdavis.edu)

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