

Heart disease across your *lifespan*

Things you should be aware of



Every hour 12 Canadian adults age 20+ with diagnosed **heart disease** die



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



9 in 10 Canadians have at least one risk factor for heart disease.



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

Risk factors

Adolescent	Young Adult
<p>If you have heart disease, your children are at increased risk. Ensure they begin to have their cholesterol levels checked at an earlier age.</p> <p>Lifelong habits are created in childhood. Make sure you teach your children healthy eating habits and the importance of movement.</p>	<p>Early age of menstruation (under 12 years) is linked to a higher risk for heart disease.</p> <p>Polycystic ovarian syndrome and primary ovarian insufficiency may increase a woman's risk for heart disease. Know your family history.</p> <p>Know your numbers (ABC) and what they mean. A1C test (blood sugar test), Blood pressure, and Cholesterol.</p>
Pregnancy	Post-Menopause
<p>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.</p> <p>It is a myth that all pregnancy-related complications go away after the baby is born.</p> <p>Use your baby's 6 week postpartum checkup as a chance to also ask about your overall health, including your heart health.</p> <p>Ask your healthcare provider if your complications during pregnancy will increase.</p>	<p>Menopause before the age of 45 is linked to a 50% higher risk of heart disease.</p> <p>After menopause, cholesterol levels usually worsen.</p> <p>Know the risk factors from your life and how they affect your risk for heart disease.</p>

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:
 - **A1C** and fast blood glucose (test for blood sugars)
 - **Blood pressure**
 - **Cholesterol**

Get involved and learn more about heart health.
Visit RedDAY.ca and follow [#RedDAYFriday](https://twitter.com/RedDAYFriday)

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