

Heart disease and *women*



Heart disease is your
biggest health threat.

It is the #1 killer of women worldwide
and it affects women of all ages.



Heart disease **cannot be 'cured'.**
It is a chronic condition.

Lifestyle changes matter at any age. It's never
too late to start improving your heart health.

Heart disease is **under-studied,**
under-diagnosed, and
under-treated in women.



Heart disease is different in women than in men.
We need to improve knowledge and awareness.

When in doubt, check it out!

Never delay getting help for your symptoms.

Signs and symptoms most experienced by women
are chest pain or discomfort

- Pressure
- Tightness
- Squeezing
- Burning, aching, or soreness
- Unusual fatigue
- Shortness of breath

What can I do?

Empower yourself by knowing your risks.

80%

Of risk factors
are within your
control to change!

Risks include

- ✗ Diabetes, smoking, obesity
- ✗ Physical inactivity, unhealthy diet, autoimmune diseases, pregnancy-related disorders
- ✗ Depression, high blood pressure, high cholesterol

Get involved and learn more about heart health.
Visit RedDAY.ca and follow #RedDAYFriday

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