

Heart Disease is the #1 Killer of Women. Know Your Risks.

Newsletter 2
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Need a Nap?

Most of us know that poor eating habits, high blood pressure and high cholesterol are a few of the [risks for heart disease](#) in women. But did you know that poor sleeping habits and sleep apnea can have an impact on a woman's heart? Sleep apnea is when a person may experience pauses in breathing five to 30 times per hour or more during sleep. It can cause harmful structural and functional changes in the heart similar to those caused by chronic high blood pressure.

A [recent study](#) shows sleep deprivation and poor quality of sleep could increase inflammation in women with heart disease more than men. If you have poor sleeping habits or think you may have sleep apnea, talk to your doctor about your risk for heart disease.

High Blood Pressure is Manageable & Preventable!

There are many people that believe high blood pressure, also called HBP or hypertension, is more common among men. The truth is HBP is a risk for women too. And with the onset of menopause, women are actually more likely to have this disease than men. In fact, women have an increased risk of developing high blood pressure if they are 20 pounds or more overweight or have a family history of high blood pressure.

While there is no cure, HBP is manageable and preventable by adopting a healthy lifestyle that includes a diet low in salt, saturated fats, cholesterol and alcohol. Physical activity and weight loss also factor in lowering your numbers.

Your blood pressure rises with each heart beat and falls when your heart relaxes between beats.



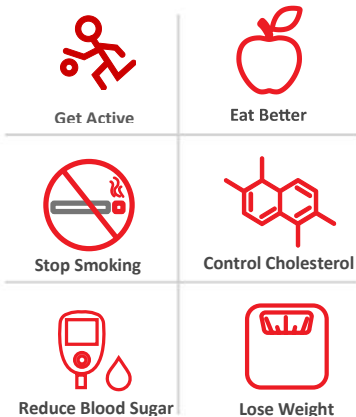
While it can change from minute to minute with changes in posture, exercise, stress or sleep, it should normally be less than 120/80 mm Hg for women age 20 or over.

Because blood pressure can fluctuate, consider investing in a home blood pressure monitor to record your numbers regularly. Doing so can help your healthcare provider determine whether you really have high blood pressure and, if you do, whether your treatment plan is working.

The American Heart Association's Heart360® is an easy-to-use free tool which helps you understand and track the factors that affect your heart health. [Sign up today](#) to help manage your blood pressure and your health!

Life's Simple 7®

Lifestyle modifications are essential to managing blood pressure. These changes may reduce your blood pressure without the use of prescription medications. [Learn how to manage your blood pressure through lifestyle changes!](#)



Seven Signs of a Woman's Heart Attack

1. Unusual Fatigue
2. Sleep Apnea/Sleep disturbance
3. Indigestion or gas-like pain
4. Nausea or vomiting
5. Discomfort or pain between the shoulders
6. Chest or abdominal discomfort or pain spreading to the shoulders, neck, arm, or jaw
7. Shortness of Breath

If you or someone you know has one or more symptoms – call 911.

