

Heart health for women.

In the UK, one in twelve women die from coronary heart disease (CHD). CHD kills more than twice as many women in the UK as breast cancer. Read on to learn how you can reduce your risk.



Heart health for women

As a woman, it's vital to know how cardiovascular disease can affect you. Did you know that:

- Coronary heart disease (CHD) kills more than twice as many women as breast cancer.
- There are 3.5 million women living with CHD in the UK.

Reducing your risk

In many cases, coronary heart disease in women can be prevented. Whatever your situation, you can improve your chances of preventing CHD by adopting healthy lifestyle habits. Key lifestyle habits include:

- Eating a healthy, balanced diet
- Stopping smoking if you smoke
- Getting more active – increasing physical activity in your daily routines and adopting a regular exercise programme
- Keeping to a healthy weight

Heart disease is not just a male disease. Many women do not realise how heart disease can affect them.

Staying motivated

It can be difficult to stick to a healthier lifestyle. To help yourself stay motivated, try following these tips:

- Schedule time for yourself – make time to exercise, create a weekly meal planner and stock up on healthy snacks. This is particularly helpful if you're busy as you'll be less likely to reach for unhealthy snacks or order a takeaway!
- Make clear goals – work out the area of your lifestyle that you want to improve the most. Planning how you will work towards your goals and what it will take to achieve them can help you stay focussed.

- Build up slowly – Don't try and change everything all at once! Making small incremental changes can be more manageable and build up to a bigger cumulative effect longer term.
- Get support – share your goals with family and friends who can support you to achieve them.

For more information go to www.bhf.org (British Heart Foundation).

Free NHS MOT health check at your GP surgery

- ✓ You are between 40 and 74 years old and live in England
- ✓ You are between 40 and 64 and live in Scotland
- ✓ You live in Northern Ireland, where this is known as a 'cardiac risk factor assessment'

If you are under 40 or live in Wales, you can still discuss your lifestyle with your GP.