## **CARDIOVASCULAR** DISEASE (CVD) IS THE LEADING CAUSE OF DEATH IN WOMEN WORLDWIDE.

MAJOR RISK FACTORS FOR CARDIOVASCULAR DISEASE AFFECT BOTH WOMEN AND MEN, INCLUDING:

High blood pressure



Unhealthy diet



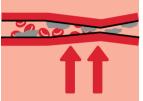
Obesity



**Physical** inactivity



High cholesterol





But other risk factors may play a bigger role in the development of CVD in women, including menopause and pregnancy complications.

High blood pressure, preeclampsia and gestational diabetes during pregnancy can all greatly increase a women's risk for developing cardiovascular disease later in life.

## **HOW CAN YOU PROTECT YOUR HEART?**

Eat a healthy diet



Exercise regularly



Avoid tobacco



Avoid alcohol



Manage stress



**ACT IF SOMETHING DOESN'T FEEL RIGHT.** 



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