



The Facts

Heart Disease is the #1 cause of death among women worldwide. One in three women over the age of 20 has some form of cardiovascular disease.

Risk Factors for a Heart Attack YOU CANNOT CONTROL

- ♥ Family history of early onset heart disease
- ♥ Age (55+ for women)
- ♥ Congenital heart defects
- ♥ Race/ethnicity

YOU CAN CONTROL

- ♥ Smoking
- ♥ High blood pressure
- ♥ High blood cholesterol and high triglyceride levels
- ♥ Poor eating habits
- ♥ Lack of physical activity
- ♥ Diabetes and Prediabetes
- ♥ Alcohol consumption
- ♥ Stress

Warning Signs of a Heart Attack

- ♥ Chest pain, discomfort, squeezing or pressure
- ♥ Unusual upper body pain or discomfort
- ♥ Shortness of breath or difficulty breathing
- ♥ Breaking out in a cold sweat
- ♥ Unusual or unexplained fatigue
- ♥ Nausea and vomiting
- ♥ Light-headedness or sudden dizziness

DIAL 9-1-1 IMMEDIATELY!

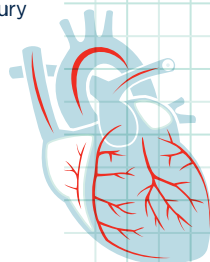
Reduce your risk factors.

Visit your healthcare professional on a regular basis.

Know your numbers.

Be your own advocate, take action.

Hadassah makes no representations and/or warranties, and does not endorse, as applicable, any of the speakers participating in this program, or any medical advice contained in this program and its applicability to particular persons. Hadassah shall not be responsible for any loss, damage or injury sustained by any one as a result of any information distributed during this program. We encourage all persons to consult with their own healthcare professionals prior to embarking on, or modifying any course of treatment.



FOR MORE INFORMATION,
HEALTH@HADASSAH.ORG

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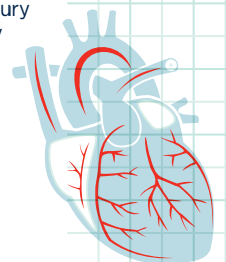
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Hadassah Impacts Women in the U.S. Every Beat Counts: Hadassah's Heart Health Program

- ♥ Teaches women's heart attack signs
- ♥ Encourages and empowers everyone to live healthier lives with exercise and nutrition
- ♥ Collaborates with other organizations with common missions and goals
- ♥ Reaches out to women in local communities
- ♥ Advocates for funding for public and private research

Every Bite Counts: Hadassah's Nutrition Program

- ♥ Eat vegetables and fruits from all colors
- ♥ Limit sugar-sweetened beverages like soda, energy drinks, and juices

Every Step Counts: Hadassah's Walking Program

- ♥ 10,000 steps/day—including 150 minutes moderate or 75 minutes vigorous exercise per week—is the goal for adults.
- ♥ Walking is an easy, great way to add exercise to your everyday routines

Hadassah Impacts Women in Israel

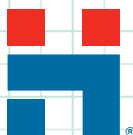
- ♥ **Hadassah Medical Organization's (HMO) Heart Institute** is dedicated to the study of heart disease through clinical and basic research, and advanced patient care.
- ♥ **The Linda Joy Pollin Cardiovascular Wellness Institute** at HMO's Heart Institute is dedicated to promoting heart health in women and addresses the needs of underserved communities.

Hadassah Impacts You! Empower Yourself. Be an Advocate. Take Action.

- ♥ Use Hadassah tools and resources to help you live a heart healthy life:
 - Questions to ask your doctor
 - Heart healthy nutritional guidelines
- ♥ Build awareness in your community—engage, empower, educate, advocate.
- ♥ Support research in Israel

These nutrition and exercise tips align with recommendations from the Centers for Disease Control and Prevention (CDC).

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LEARN MORE.

Hadassah's Health & Wellness Team
health@hadassah.org

BECOME A MEMBER.

membership@hadassah.org 800.664.5646

SUPPORT.

Hadassah's Heart Health Program and/or Research
donorservices@hadassah.org 800.928.0685

HADASSAH THE WOMEN'S ZIONIST ORGANIZATION OF AMERICA, INC.

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