



## 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!**

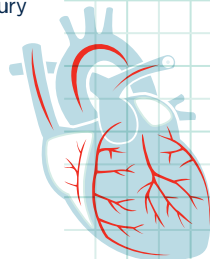
**Reduce your risk factors.**

**Visit your healthcare professional on a regular basis.**

**Know your numbers.**

**Be your own advocate, take action.**

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FOR MORE INFORMATION,  
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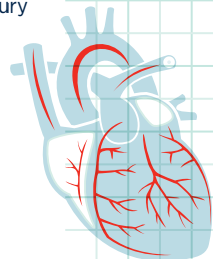
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**Hadassah Impacts Women in the U.S.  
Every Beat Counts: Hadassah's Heart Health Program**

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

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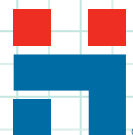
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