Heart Disease is the No. 1 Killer of Women

Talk to your health care provider. Here's how to start the conversation:

**Family and Medical History**
- Hypertension, diabetes, high cholesterol, heart disease or stroke
- Symptoms, such as shortness of breath, chest pain or fatigue
- Age (don’t assume you are too young)

**Lifestyle**
- Diet
- Smoking habits
- Stress
- Alcohol
- Exercise

**Screenings**
- Blood pressure
- Blood work to measure your cholesterol, triglycerides and sugar levels
- Body weight, body mass index (BMI) and waist circumference

**Know Your Risk**

If you are experiencing chest pain, **DO NOT DRIVE**. **Call 911** to increase your chance of survival.

For a referral to an Atlantic Health System physician, call 1-800-247-9580 or visit atlantichealth.org.

Newtown Medical Center
Atlantic Health System
Tips to keep your heart healthy:

**Diet**
- Choose skim or 1% fat milk; nonfat or low-fat yogurt and cheeses; 5 or more servings of fruits or vegetables per day.
- Drink plenty of water and stay away from sugary beverages (i.e. soda); stay away from highly processed and salty foods.
- Follow a Mediterranean diet including fruits, vegetables, whole grains, olive oil, beans, nuts, fish and other good sources of protein.
- Limit red meat to no more than a few times a month.
- Look for sources of good cholesterol in almonds or unsalted pistachios.
- Eating frequent small meals and keeping hydrated usually results in fewer calories ingested over the course of the day.

**Exercise**
- Find ways to walk more -- park your car at the far end of the parking lot, take the stairs instead of an elevator or escalator, walk after dinner.
- If you ride a bus or subway, get off a stop before your destination and walk the rest of the way.
- If you can, spend a few minutes of your lunch break taking a stroll.
- If you have a dog, think of the dog as an exercise machine with fur. A brisk walk is good for both of your hearts. Make it a part of your daily routine.