

YOU have the POWER

ABOUT SISTER TO SISTER

The Sister to Sister Foundation, a national 501(c)(3) non-profit organization, is dedicated to preventing heart disease in women by:

- ♥ Offering women free cardiac screenings to promote early detection and treatment of heart disease and its risk factors
- ♥ Increasing awareness of heart disease as the #1 killer of women in the United States
- ♥ Helping women make healthy lifestyle changes to reduce their risk of heart disease



TO HAVE A HEALTHY HEART

SISTER TO SISTER FOUNDATION

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YOU have the POWER

to prevent or reduce your
risk for heart disease.

W

omen are not immune from heart disease, and they are their own best advocates.

Women have to know their numbers, the warning signs, and their risk factors, including family history. I myself totally ignored these things. Now I know all this from experience.

Barbara, 52, is a heart attack survivor who is now dedicated to women's heart disease prevention, and serves as a Sister to Sister volunteer.

KNOW YOUR RISK

for Heart Disease

Do you smoke?

YES NO

Is your blood pressure 140/90 mmHg or higher, or did a health professional tell you that your blood pressure is high?

YES NO

Did a health professional tell you that your LDL ("bad") cholesterol is too high, your total cholesterol level is 200 mg/dL or higher, or your HDL ("good") cholesterol is less than 40 mg/dL?

YES NO

Has your father or brother had a heart attack before age 55? Has your mother or sister had a heart attack before age 65?

YES NO

Do you have diabetes?

YES NO

Are you over 55 years old?

YES NO

Do you have a body mass index (BMI) of 25 or more?

Calculate your BMI at
www.nhlbisupport.com/bmi

YES NO

Do you get less than 30 minutes of moderate-intensity physical activity on most days?

YES NO

Has a doctor told you that you have angina (chest pains), or have you had a heart attack?

YES NO

Source: National Heart, Lung, and Blood Institute

If you answered YES to any of these questions, you are at an increased risk of having a heart attack. If you don't know the answers to any of these questions, ask your doctor for help answering them.

TEN HEALTHY CHANGES

To Reduce Your Heart Disease Risk

You can significantly lower your risk for heart disease by making healthy lifestyle changes. Start with a few small changes.

- 1 Get your blood pressure and cholesterol checked by a health professional.
- 2 Take a 30-minute walk with a friend or family member several times a week.
- 3 Eat smaller portions of food at meal times. If you are still hungry, eat a salad.
- 4 Choose fruits and vegetables as snacks and desserts.
- 5 Take the salt shaker off the table.
- 6 If eating out, take half of the portion home for another meal.
- 7 Rinse canned foods before cooking or eating to wash off salt.
- 8 Use vegetable oil spray instead of butter when cooking.
- 9 Take the skin off chicken before cooking or eating.
- 10 Broil, steam, roast, bake, or stir fry foods with little or no oil.

DID YOU KNOW?

- ♥ One in 4 women in the United States dies of heart disease, more than breast cancer and all other cancers combined.
- ♥ Studies show that many women are unaware that they are at risk for heart disease.



My motivation has been my family, and making sure that I stay healthy to be around for the long haul.

Kendra, 33, lost 54 pounds and began walking every morning with her daughter after learning she had high blood pressure at a Sister to Sister heart health fair screening.

SET GOALS

for a Healthy Heart

Making small, healthy changes to your eating and activity habits can make a big difference. What two changes for the next month are you willing to make?

CHANGE 1 *(Healthy Eating)*

When will you get started? _____ *(month/day)*

CHANGE 2 *(Physical Activity)*

When will you get started? _____ *(month/day)*

DID YOU KNOW?

Heart attack symptoms may differ between women and men:

- ♥ Women are more likely to feel shortness of breath; fatigue; abdominal pressure; nausea or heartburn; or jaw, neck, back, or upper shoulder pain.
- ♥ Men are more likely to feel chest pain or pressure, or left-arm pain.



Iwanted my three teenagers to have a healthy, vibrant mother instead of a woman on the verge of a heart attack.

Corinne, 39, lowered her total cholesterol by 40 points and reduced her dress size from 16 to 8 after learning she was at high risk for heart disease at a Sister to Sister heart health fair screening.