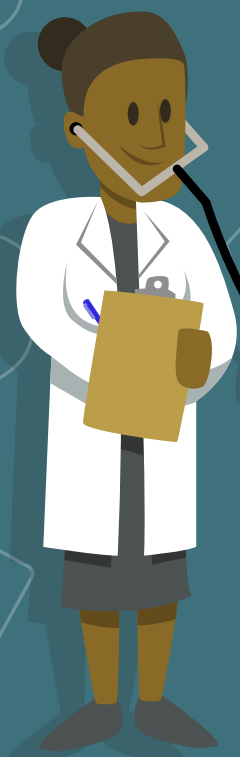


BE HEART SMART



KNOW YOUR RISKS

Anyone with high blood pressure, high cholesterol, or diabetes has a higher risk of heart disease, but **women may also have unique risk factors:**

- ▶ History of preeclampsia or diabetes while pregnant
- ▶ Some mental health conditions
- ▶ Higher risks from smoking

EAT WELL

A healthy diet can reduce your risk of heart disease by up to 30%.

GET FIT

Taking 7,500 steps a day can help reduce your risk of heart disease by 19% and diabetes by 30%.

Your VA health care provider can work with you to assess your individual heart disease risks, learn your heart health numbers, and create a health plan with realistic and achievable goals for a whole-health approach.



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