

MAKE IT YOUR MISSION

TO FIGHT HEART DISEASE IN WOMEN



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Heart disease is still the No. 1 killer of women, causing 1 in 3 deaths each year. This means women just like you – mothers, sisters, friends – are dying at the rate of one per minute.

In fact, in the time it takes to read this, another woman will die from heart disease. It simply does not have to be that way. At the American Heart Association, we work every day to fund research and fight this killer so more women can be saved. But we need your help.

This National Wear Red Day®, join our mission to ensure we never have to deny research that could save a woman's life. Help raise the funds needed for lifesaving educational programs and the development of new treatments to fight heart disease.

On February 3, 2012, or any day, Make It Your Mission to Save Lives.

Together we can make a difference.



View Sherman's inspirational story and others. Download a free QR code reader by texting "AHAPP" to 82350, or use your own app.



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5 Ways to Love your Heart

- 1. Be active:** AHA recommends at least 30 minutes of moderate to vigorous physical activity a day.
- 2. Eat smart:** Enjoy a diet low in sodium, saturated fat and trans fat, and rich in fruits, vegetables, fiber-rich whole grains, and monounsaturated fat and polyunsaturated fat.
- 3. Evaluate your risk:** Age, gender, race/ethnicity, family history and other medical conditions can all increase your risk of developing heart disease. Know which factors affect you and what you can do to reduce them.
- 4. Listen to your heart:** When warning signs pop up, pay attention to them. By visiting a doctor early, your chances of avoiding a serious condition increase.
- 5. Know the facts:** Read up on heart disease. By knowing about the culprit, you will be better prepared to help prevent and fight it. Visit GoRedForWomen.org for more information.



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