

News for Women

Preventing Heart Disease In African-American Women

(NAPSM)—Too few people realize that heart disease is the number one killer of women, and African-American women are at particularly high risk. Fortunately, heart disease may be prevented.

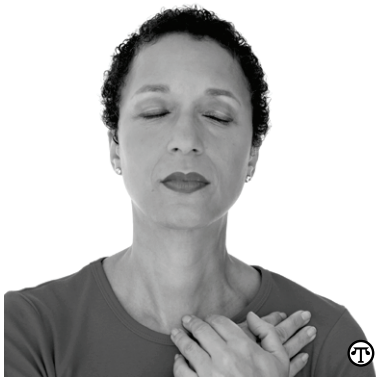
The American Heart Association's Go Red For Women movement raises awareness of women's risk for heart disease and provides tools on how women can love their hearts. By loving their hearts, women can live stronger, longer lives for themselves and their loved ones.

"We can no longer ignore heart disease," said Karen Murray, group president, Claiborne Menswear and Special Markets Brands, chairwoman of the American Heart Association's Women and Heart Disease Advisory Group. "While awareness is important, it's time for women to take action now—to love and protect their hearts while maintaining healthier lifestyles."

Take these simple steps to protect your heart and lead a heart-healthy life:

- Visit your health care provider to learn how to make heart-healthy habits part of your daily life.
- Know your numbers. Track your blood pressure, cholesterol, glucose and weight and keep them in a healthy range.
- Incorporate physical activity into your daily routine.
- Add more color to your plate by eating fruits and vegetables daily.

Eating a healthier diet and becoming more physically active is especially important for African-American women because according to the American Heart Association, 55.1 percent of women,



Women need to find a personal way to take part in the fight against heart disease.

age 18 or older, are inactive. Over 77 percent of non-Hispanic black females, ages 20 or older, are overweight or obese. These statistics can be changed.

Go Red For Women encourages women to daily perform the "Love Your Heart" gesture by placing your hand over your heart, taking a deep breath and thinking about ways to love, honor and appreciate this vital organ. No matter who you are—you can Go Red in Your Own Fashion by finding a personal way to take part in the fight against heart disease, whether it's purchasing products that support the cause, wearing red on National Wear Red Day—which occurs every first Friday in February, and participating in the various local Go Red events like Go Red Luncheons.

Go Red For Women is nationally sponsored by Macy's and Pfizer with additional support from Bayer and PacifiCare. For more information about how you can Go Red or join the movement, call (888) MY-HEART (888-694-3278) or visit www.GoRedForWomen.org.