



Cicely Tyson
Community School of
Performing and
Fine Arts
Medical Department

Donelda Iyizoba, RN
School Nurse
Beverly Macon RN School
Nurse

ABOUT GO RED FOR WOMEN

Go Red for Women advocates for research and swifter actions for women's heart health. The American Heart Association's Go Red movement is nationally sponsored by Macy's with additional support from other organizations. For more information, please visit GoRedForWomen.org, americanheartassociation.org or call 1 888 694-3278.

Heart disease is the **No. 1** killer of women, causing **1 in 3** deaths each year.

That's approximately **one woman** every minute.



February 2019 Newsletter

Wear Red & Raise Your Voice on National Wear Red Day Friday, February 1, 2019

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Heart disease and stroke cause 1 in 3 deaths among women each year, killing approximately one woman every 80 seconds. Fortunately, we can change that because 80 percent of cardiac and stroke events may be prevented with education and action. That's why this year we are asking that you wear red on **National Wear Red Day, February 1, 2019**, encourage others to do the same and, make time to **Know Your Numbers.**

Five numbers, that all women should know to take control of their heart health are: Total Cholesterol, HDL (good) Cholesterol, Blood Pressure, Blood Sugar, and Body Mass Index (BMI). Knowing these numbers can help women and their healthcare provider determine their risk for developing cardiovascular diseases.

Facts about women and cardiovascular disease

- An estimated 43 million women in the US are affected by cardiovascular diseases.
- 80% of heart disease and stroke events could be prevented.
- Cardiovascular diseases are the leading cause of death for African American women, killing 50,000 annually.
- Only 44% of African American and 43% of Hispanic women know that heart disease is their greatest health risk, compared with 60% of Caucasian women.
- The symptoms of a heart attack can be different in women vs. men, and are often misunderstood even by some physicians.
- Fewer women than men survive their first heart attack.



Here are a few ways you can make a change today:



- Go to GoRedForWomen.org to learn what you can do to reduce your risk of heart disease and stroke.
- Encourage your family and friends to take small steps towards healthy lifestyles choices to reduce their risk for heart disease and stroke.
- Explain “What it means to Go Red” by sharing the following acronym:

- ✓ **Get Your Numbers:** Ask your doctor to check your blood pressure, cholesterol, and glucose.
- ✓ **Own Your Lifestyle:** Stop smoking, lose weight, be physically active and eat healthy.
- ✓ **Raise Your Voice:** Advocate for more women- related research and education.
- ✓ **Educate Your Family:** Make healthy food choices for you and your family. Teach your kids the importance of staying active.
- ✓ **Donate:** Show your support with a donation of time or money.

