

Heart Attack and Stroke: Lowering a Woman's Risk

[Host] Almost any woman—of any age—can be at risk for heart attack and stroke.

In fact, heart attacks and strokes are leading causes of death for women.

But there's a lot you can do to help prevent heart disease.

It begins with a heart-healthy lifestyle.

Being heart-healthy includes staying smoke-free, eating heart-healthy foods, being active, staying at a healthy weight, and managing other health conditions.

Now, there are a lot of ways to make the changes you might need.

Here are a few examples.

[Julie] "I've quit smoking so many times.

Then something happens, and I start up again.

But after my daughter hugged me, pulled away, and complained about how my clothes smelled, I was done.

I needed a plan.

I talked to my doctor.

He suggested medicines to help with cravings.

With my "why" in mind and these medicines, I feel ready to deal with any of the times that make me want to smoke again."

[Host] Here's another heart-healthy tip for women.

When you talk to your doctor about birth control options, hormone therapy for menopause, or gender-affirming hormone therapy, be sure to ask about keeping your heart healthy.

[Chelsea] "I'm trans, and I've been on hormones for years.

At my last appointment, my doctor and I talked about how I can keep my heart as healthy as possible.

After our talk, I'm choosing to add more heart-healthy foods to my meals."

[Maria] "When I learned that being active meant starting out with just a few minutes each day and adding more time gradually to reach my goals, I decided to try it for a few weeks to see how I felt.

So I popped on my headset with my favorite music and walked for 10 minutes every other day.

On those days, I felt a difference.

Enough of a difference that I looked forward to those little walks.

Eventually, I added more time to my walks— and more songs to my playlist.

Getting active is one more positive thing I do for my health."

[Host] A heart-healthy lifestyle can help reduce your risk for heart attack and stroke.

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And living heart-healthy gives you more chances to live a life that brings you joy.

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