



**HEART DISEASE**

*doesn't*

**CARE WHAT YOU WEAR**

**IT'S THE #1 KILLER OF WOMEN**

These women know *The Heart Truth*—no matter how great you look on the outside, heart disease can strike on the inside. And being a woman won't protect you.

**Try these risk factors on for size:** Do you have high blood pressure? High blood cholesterol? Diabetes? Are you inactive? Are you a smoker? Overweight? If so, this could damage your heart and lead to disability, heart attack, or both.

The Red Dress is a red alert to take heart disease seriously. Talk to your doctor and get answers that may save your life. *The Heart Truth* is, it's best to know your risks and take action now.

[www.hearttruth.gov](http://www.hearttruth.gov)



Women & Heart Disease



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
National Heart, Lung, and Blood Institute; National Institutes of Health • Office on Women's Health

American Heart Association • WomenHeart: the National Coalition for Women with Heart Disease