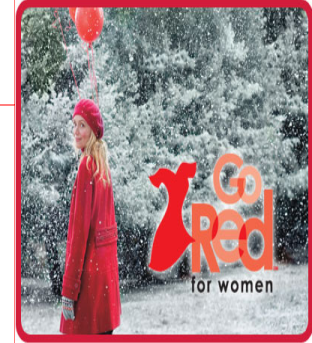


# In Top Form!

## The HEART of the Matter

If you're a woman, you may not believe you're as vulnerable to a heart attack as men—but you are. Women account for nearly half of all heart attack deaths. Heart disease is the number one killer of both women and men. Here is the good news - Heart disease and stroke are largely preventable if you work to lower your risks. It's important to know that there are a range of factors that can raise your risk of heart disease and stroke. The fewer risk factors you have, the greater your chances of keeping heart disease at bay!



### Six Key Steps To Reduce Heart Attack Risk

Taking these steps will reduce your risk of having a heart attack:

- [Stop smoking](#)
- [Lower high blood pressure](#)
- [Reduce high blood cholesterol](#)
- [Aim for a healthy weight](#)
- [Be physically active each day](#)
- [Manage diabetes](#)

### Heart Attack Warning Signs

A heart attack is a frightening event, and you probably don't want to think about it. But, if you learn the signs of a heart attack and what steps to take, you can save a life—maybe your own.

What are the signs of a heart attack? Many people think a heart attack is sudden and intense, like a "movie" heart attack, where a person clutches his or her chest and falls over.

The truth is that many heart attacks start slowly, as a mild pain or discomfort. If you feel such a symptom, you may not be sure what's wrong. Your symptoms may even come and go. Even those who have had a heart attack may not recognize their symptoms, because the next attack can have entirely different ones.

It's vital that everyone learn the **warning signs of a heart attack**. These are:

**Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes, or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.

**Discomfort in other areas of the upper body.** Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

**Shortness of breath.** Often comes along with chest discomfort. But it also can occur before chest discomfort.

**Other symptoms.** May include breaking out in a cold sweat, nausea, or light-headedness.  
<http://www.nhlbi.nih.gov/actintime/haws/haws.htm>



### Helpful HINT

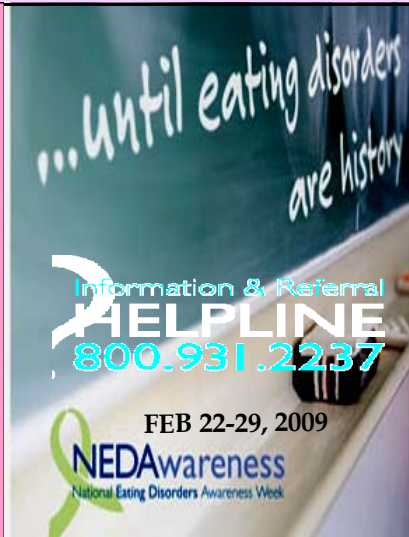
If you have trouble remembering which cholesterol is good and which is bad, remember this:

**HDL = Healthy**

Reduces the risk of heart disease and limits the damage of LDL.

**LDL = Lousy**

Associated with an increased risk of heart disease.



### FUN

### FACTS

#1 - Teachers receive the most Valentines cards!

#2 - Presently there are 192 million Valentine's Day cards exchanged annually

#3 - Over \$1 billion of chocolate is purchased on this day!

It's not that some people have willpower and some don't. It's that some people are ready to change and others are not. James Gordon, M.D.

<http://www.nationaleatingdisorders.org>, <http://www.americanheart.org>,