

WOMEN'S HEALTH

WOMEN'S HEALTH

When thinking about women's health, or rather women's health risks, things like breast cancer and ovarian cancer may come to mind, but in fact, one of the most significant health risks plaguing women is heart disease. Heart disease is any condition that affects the heart or blood vessels and can lead to things like heart attack or stroke. Heart disease is often under-diagnosed in women. It's important to talk to your doctor about your individual risk. Luckily, there are many things we can do to help reduce the risk of heart disease.

PREVENTION — LIVE A HEALTHY LIFESTYLE

Often times we can reduce our risk of heart disease by living a healthier lifestyle. So what does that mean? Exercising regularly, eating a well-balanced diet, and managing stress can greatly impact health. Making better choices will help maintain a healthy weight and manage cholesterol, high blood pressure, and diabetes which often increase the risk of heart disease.

Here are some tips to help get you started:

Strive to be Active Most Days

Exercise daily for 30 minutes, but keep in mind that any movement is good movement! Any increase in activity can help manage cardiovascular health.

Make Fruits and Vegetables Half Your Plate

Fruits and vegetables contain many heart healthy nutrients and fiber. Strive to include at least 1.5 cups of fruit and 3 cups of vegetables each day.

Make Your Grains Whole

Choosing whole grains over refined grains gives you an excellent source of fiber, B vitamins, iron, magnesium, and selenium which all play an important role in helping us manage our health. Aim for at least 3–5 servings of whole grains each day.



Watch the Fat

A diet high in saturated and trans fats can negatively impact health. But not all fats are bad! Polyunsaturated and monounsaturated fats, as well as omega 3 fatty acids can help maintain heart health. Being mindful of servings is key — limit sources of trans and saturated fats like red meat, processed foods, and full fat dairy products while substituting healthier fats like fish (salmon and mackerel), nuts, and olive and canola oils.

Manage Your Stress

Stress can not only affect our mental and emotional health but also our physical health. Find an effective way to outlet stress — exercise, talk with a friend, do an enjoyable activity like reading, art projects, or find a licensed professional for more support.



Practicing a healthy lifestyle can not only reduce the risk of heart disease but can also reduce the risk of many other health conditions women may face like osteoporosis and certain forms of cancer. Small lifestyle changes can lead to a big impact on overall health.

ADDITIONAL RESOURCES

For support from a registered nurse or registered dietitian or to ask questions, please call a Blues On CallSM health coach at **1-888-BLUE-428**.

Log in to the member website listed on the back of your member ID card.

- Click on the **Wellness** tab.
- Click on **Additional Resources** on the left.
- Click on **Health Topics** under **WebMD health information** to search health topics or use the medical encyclopedia to review health issues you want to know more about.