



CANADIAN WOMEN'S  
HEART HEALTH CENTRE  
CENTRE CANADIEN DE SANTÉ  
CARDIAQUE POUR LES FEMMES

NATIONAL  
ALLIANCE  
NATIONALE



**HER HEART MATTERS**  
WEAR RED CANADA • FEB 13



**FROM:** \_\_\_\_\_

**TO:** \_\_\_\_\_

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# HEART AND VASCULAR DISEASE **IS ON THE RISE**



IT'S THE **LEADING**  
**CAUSE OF DEATH** FOR  
WOMEN WORLDWIDE



Women can be at **greater risk** for heart and vascular disease than men.



Women and men can have **different types** of heart and vascular disease.



Heart attack symptoms are **not recognized** in over 50% of women.



There is a lot we can **all** do to **help reduce the risk**.



To take care of others, you need to first take care of yourself. **Start the conversation with the women in your life.**



Questions? Visit **CWHA.ca** or your healthcare provider.