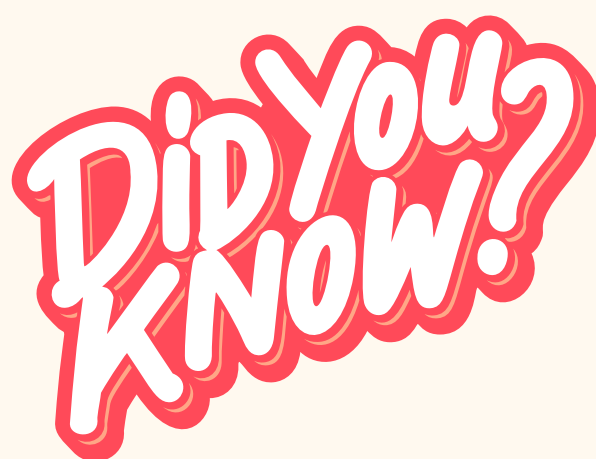




Cardiovascular Health



- Cardiovascular disease (CVD) is the leading killer of women worldwide
- Heart attacks account for 1 in 3 of all female deaths
- CVD is an umbrella term for conditions affecting the heart or circulation (High blood pressure, strokes, angina, heart attacks etc)
- After menopause the risk of CVD notably increase with heart attack risk 5x's higher

Declining oestrogen levels result in a number of physiological changes that contribute towards the increased risk of CVD - these include:



- Weight gain (particularly around the stomach)
- Higher cholesterol levels
- Increased insulin sensitivity
- Rising blood pressure

Reduce your risk of CVD by:

- Stop smoking
- Decreasing alcohol consumption
- Exercising regularly
- Maintaining a healthy weight
- Reducing salt intake
- Eating a balanced diet
- Lowering stress levels
- Checking your blood pressure & cholesterol levels regularly

