

# South Central's Health on Blast

**National Wear Red Day – February 5, 2016**

## Why Go Red?

- ◆ Heart disease and stroke cause 1 in 3 deaths among women each year, killing approximately one woman every 80 seconds.
- ◆ 80 percent of cardiac and stroke events may be prevented with education and action.
- ◆ We ask that you wear red on **National Wear Red Day**® Friday, February 5, 2016 to bring awareness to women and heart disease.



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Here's what it means to **Go Red**:

## **G: Get Your Numbers**

- Ask your doctor to check your blood pressure and cholesterol.
- Check your blood pressure regularly at home

## **O: Own Your Lifestyle**

- Stop smoking, lose weight, exercise, and eat healthy.
- It's up to you. No one can do it for you.

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## **R: Realize Your Risk**

- We think it won't happen to us, but heart disease kills one of three women.

## **E: Educate Your Family**

- Make healthy food choices for you and your family.
- Teach your kids the importance of staying active.

## **D: Don't Be Silent**

- Tell every woman you know that heart disease is our No. 1 killer.
- Raise your voice.

