

MaineHealth

Learning Community

Go Red for Women: Educate your Female Patients

February is the perfect month to celebrate heart health. With Valentine's Day's focus on caring for those we love, women may be more tuned in to hearing messages about taking care of their hearts. Use this teachable moment to remind your patients that more women die of cardiovascular disease than any other cause. Don't believe it? Check out these statistics on the Top Five causes of death among American women from the Office of Women's Health at the Centers for Disease Control and Prevention:

1. Heart Disease 27.2%
2. Cancer 22.0%
3. Stroke 7.5%
4. Chronic Lower Respiratory Diseases 5.2%
5. Alzheimer's Disease 3.9%

Remind your patients that they don't have to be one of these statistics. Direct them to one of the following sites from the American Heart Association for more information and inspiration:

- The American Heart Association's "Go Red for Women" movement (www.goredforwomen.org) celebrates the energy, passion and power of women banding together to wipe out heart disease and stroke. The website contains personalized tools to understand heart disease risks, heart-healthy recipes, fitness plans, and support.
- Also part of the Go Red Movement is the "Choose to Move" physical activity program (www.choosetomove.org), which offers information, tools and motivation to get risk factors for heart attack and stroke under control.
- Another wonderful resource for anyone with cardiovascular disease is the American Heart Association's "Heart Insight" (www.heartinsight.com), an online magazine featuring tips on healthy living for patients, their families and caregivers.