



HEART DISEASE

doesn't

CARE WHAT YOU WEAR

IT'S THE #1 KILLER OF WOMEN

These women know *The Heart Truth*—no matter how great you look on the outside, heart disease can strike on the inside. And being a woman won't protect you.

Try these risk factors on for size: Do you have high blood pressure? High blood cholesterol? Diabetes? Are you inactive? Are you a smoker? Overweight? If so, this could damage your heart and lead to disability, heart attack, or both.

The Red Dress™ is a red alert to take heart disease seriously. Talk to your doctor and get answers that may save your life. *The Heart Truth* is, it's best to know your risks and take action now.

www.nhlbi.nih.gov/health/hearttruth



www.hhss.ne.gov/hearttruth



♥ Nebraska Department of Health & Human Services ♥ Office of Women's Health ♥ Office of Minority Health
♥ National Heart, Lung, and Blood Institute