



# Women's Heart Health During the Menopause Journey



Center for Community Health & Prevention

# Heart disease is the #1 cause of death in women.



Onset of heart disease is about 10 years later than men due to declining estrogen levels.

Many changes happen to a woman's body during menopause that can lead to heart disease.

- Elevated cholesterol
- Weight gain
- Blood sugar imbalances

**Help Prevent Heart Disease**



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# Preventing Heart Disease

- Eat a balanced high-fiber diet rich in fruits, vegetables, and whole grains.
- Stay active and incorporate movement daily.
- Get adequate sleep.
- Avoid smoking and limit alcohol consumption.



- Get regular check-ups. Monitor your blood pressure, cholesterol, and blood sugar levels.



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