

# *The Heart Truth*® for Women Sample Social Media Posts

Share these sample posts on your social media channels to encourage women to be more proactive about their heart health.

## Heart Disease

Heart disease is the leading cause of death for women of all ages in the United States. If you’re in your 40s, 30s, and even 20s, you can be at risk. You’re never too young to start protecting your heart. Learn more: <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-truth/listen-to-your-heart>

For Black and Latina women, the risk of heart disease is especially great. Black and Latina women typically have higher rates of heart disease risk factors, including high blood pressure, overweight and obesity, and diabetes. <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-truth/listen-to-your-heart>

El riesgo de cardiopatía es especialmente elevado para las mujeres de raza negra y latinas. Las mujeres de raza negra y latinas tienen normalmente tasas más elevadas de factores de riesgo de cardiopatías, como hipertensión, sobrepeso y obesidad, y diabetes. <https://www.nhlbi.nih.gov/es/resources/mi-registro-de-salud-del-corazon-my-heart-health-tracker>

Heart disease risk increases with age, including during and after menopause. Middle-aged women tend to develop more risk factors for heart disease, in part due to increasing body weight and in part because their body’s production of estrogen drops. <https://www.nhlbi.nih.gov/health/coronary-heart-disease/women#What-factors-affect-risk-for-women-differently?>

Devoting some time every day to care for yourself can go a long way toward protecting your heart health. Self-care—like moving more, preparing healthier meals, getting enough quality sleep, and taking a moment to de-stress—helps your heart. <https://www.nhlbi.nih.gov/resources/self-care-tips-heart-health>

Dedicar un poco de tiempo cada día a cuidarse puede contribuir enormemente a proteger su salud cardíaca. El cuidado personal–como moverse más, preparar comidas saludables, dormir lo suficiente y tomarse un momento para desestresarse–ayuda al corazón. <https://www.nhlbi.nih.gov/es/resources/ponga-su-corazon-en-ser-activo-y-comer-saludable>

It’s easier to be more proactive about protecting your heart and maintaining a heart-healthy lifestyle when you understand your risks for heart disease. Talk with your healthcare provider about your personal risk factors for heart disease and what you can do to prevent it. <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-truth/heart-disease-not-just-men>

## Heart Disease (continued)

Talk to your healthcare provider about your heart health. Stay up to date on your doctors’ appointments & take medications as prescribed. Have your blood pressure, blood sugar, & cholesterol levels checked and know what your numbers mean for your risk for heart disease. <https://www.nhlbi.nih.gov/resources/questions-ask-about-your-blood-pressure>

Compared to men, women are slightly less likely to have sudden cardiac arrest—when the heart suddenly stops beating. However, they are also slightly less likely to be diagnosed with heart disease before having it. Learn more: <https://www.nhlbi.nih.gov/health/cardiac-arrest>

Managing stress can help lower your risk for heart disease. Start with 10 to 20 minutes of mindful meditation a day to help keep stress under control and your heart healthy. <https://www.nhlbi.nih.gov/health/heart-healthy-living/manage-stress>

There are many pieces to understanding your risk for heart disease. Knowing your family health history of heart disease can help you and your healthcare provider better understand your risk and set goals for your heart health. <https://www.nhlbi.nih.gov/health/heart-healthy-living/risks>

Some heart disease risk factors like your age, sex, and family history can’t be changed, but many others can! Gradually increasing your physical activity, even if its 10 minutes at a time, can reduce your risk at any age. Aim for 150 minutes each week. <https://www.nhlbi.nih.gov/health/heart/physical-activity>

Women generally get heart disease about 10 years later than men do, but it’s still their leading cause of death. There’s something you can do at every stage of life to reduce your risk. <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-truth/listen-to-your-heart>

Heart attack symptoms can differ for men and women. Women are more likely to experience less obvious heart attack warning signs including:

* Pain in the shoulder, back, or arm
* Shortness of breath
* Unusual tiredness and weakness
* Upset stomach
* Anxiety

<https://www.nhlbi.nih.gov/health/heart-attack/women>

Women may not recognize coronary heart disease symptoms that are different from men’s, and they may not be diagnosed and treated as quickly. It’s important for women to know these symptoms and seek care right away:

* Chest pain or discomfort (angina) while resting
* Pain in the neck and throat
* Angina triggered by mental stress
* Nausea, vomiting, shortness of breath, abdominal pain, sleep problems, tiredness, and lack   
  of energy

<https://www.nhlbi.nih.gov/health/coronary-heart-disease/women#What-factors-affect-risk-for-women-differently?>