



Have Faith in Heart

#EmPOWERChange



Amgen proudly supports the American Heart Association's EmPOWERED To Serve Initiative

HAVE FAITH IN HEART | Lesson Overview

Welcome

- What is EmPOWERED to Serve™?
- Program Topic and Urgent Community Need

Health Lesson

- Understand Your Risk & Know the Signs
- Start Your Journey to Better Health
- Join Research Goes Red & AHA's Go Red for Women Movement

Closing Thoughts

- Your Voice Matters
- Online Resources





American Heart Association.

EmPOWERED to Serve™

WHAT IS EMPOWERED TO SERVE?

EmPOWERED to Serve is a movement inspiring those who are passionate about driving change through health justice in their communities.

We are catalysts for change, empowering the equity equation.



AHA's Mission Statement:

To be a relentless force for a world of longer, healthier lives.



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GO RED FOR WOMEN

Go Red for Women®
is a platform designed to:

- Increase women's heart health awareness.
- Serve as a catalyst for change to improve the lives of women globally.

For 16 years, GRFW has provided a platform for women to come together, raise awareness, fund lifesaving research, advocate for change and improve the lives of all women everywhere.





GO RED FOR WOMEN

Go Red offers women the opportunity to:

- Learn about heart disease and stroke.
- Access the latest healthy living tips to reduce their risk and improve their overall well-being.
- Participate in research and advocacy.
- Share their story with others.
- Get involved in their local community.





UNDERSTAND YOUR RISK

Did You Know?

Cardiovascular disease is the No. 1 killer of women, claiming the lives of one in three women.

- CVD kills more women than all forms of cancer combined.
- About four million stroke survivors alive today are women.
- Over 40% (about 43%) of Hispanic adult women age 20+ have CVD.
- CVD claims the lives of more black women than all forms of cancer, accidents, assaults and Alzheimer's disease – combined.



UNDERSTAND YOUR RISK

The good news is 80% of cardiac events can be prevented if women make the right choices for their hearts including:



Moving more.



Eating smart.



Managing
blood pressure.

UNDERSTAND YOUR RISK

Risk Factors You Can Control



Smoking



Being overweight or obese



High blood pressure



High blood sugar



High cholesterol



Lack of physical activity

UNDERSTAND YOUR RISK

Risk Factors You Can't Control

- Age
- Race/Ethnicity
- Gender
- Family History
- Previous Heart Attack or Stroke



UNDERSTAND YOUR RISK

Know Your Numbers

There are five numbers that all women should know to take control of their heart health:

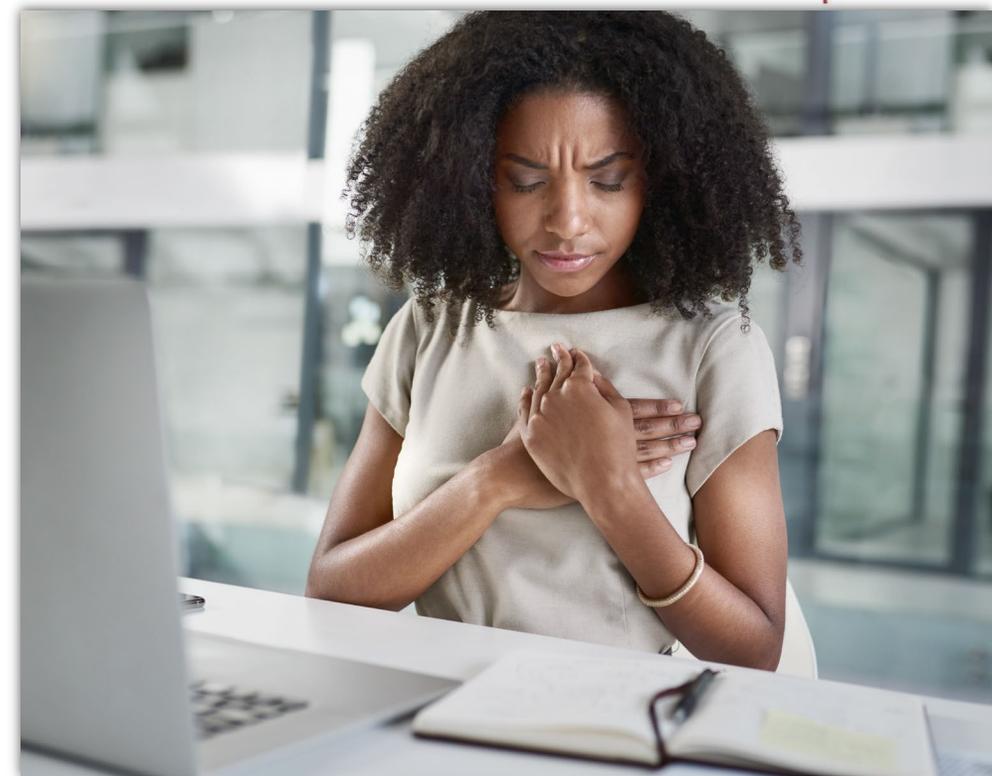
1. Total Cholesterol
2. HDL (good) Cholesterol
3. Blood Pressure
4. Blood Sugar
5. Body Mass Index (BMI)



KNOW THE WARNING SIGNS

Did You Know?

- Women having heart attacks may wait more than 30% longer than men from the moment they begin experiencing symptoms to the time they arrive at a hospital.
- Women are less likely than men to receive bystander CPR.
- Female heart attack patients may have better outcomes when treated by female physicians.





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KNOW THE WARNING SIGNS

Heart Attack

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort.

Following are some of the signs that can mean a heart attack is happening.

If you have any of the signs, don't wait!
Call 911. Get to a hospital right away.





KNOW THE WARNING SIGNS

Heart Attack Warning Signs

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs, such as breaking out in a cold sweat, nausea or lightheadedness.

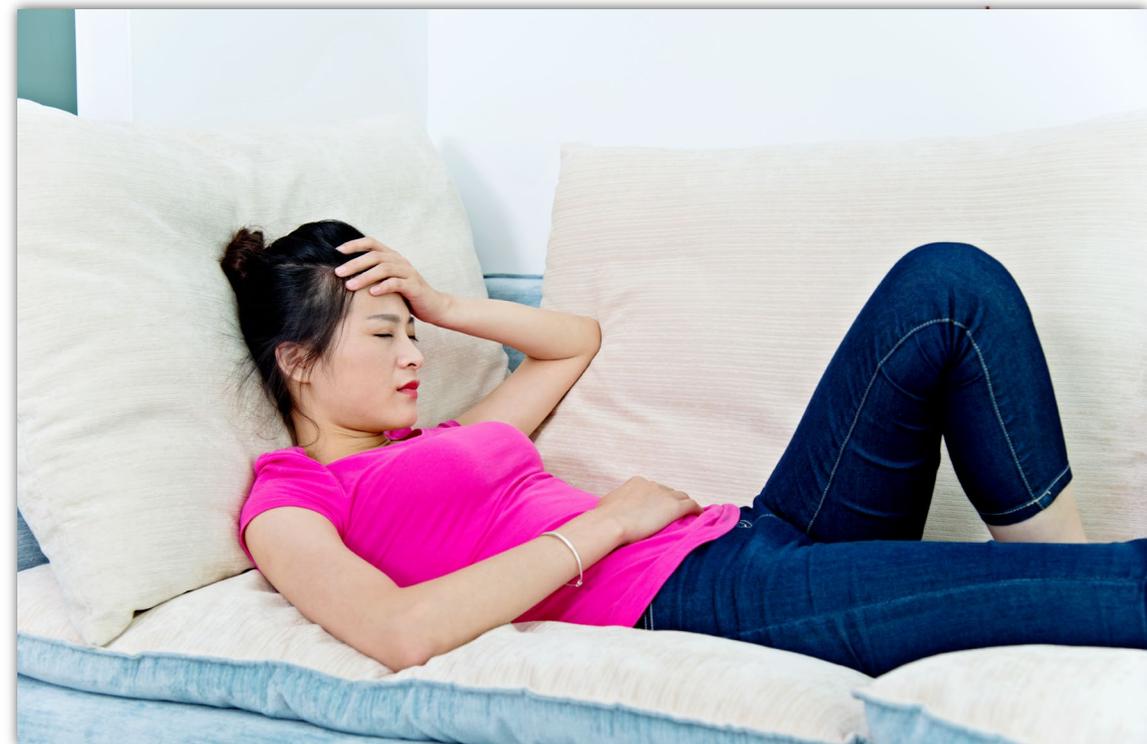


KNOW THE WARNING SIGNS

Heart Attack Warning Signs

As with men, women's most common heart attack symptom is chest pain or discomfort.

But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.



KNOW THE WARNING SIGNS

Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, or trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness or loss of balance or coordination.
- Sudden, severe headache with no known cause.

F.A.S.T.

Face
Drooping

Arm
Weakness

Speech
Difficulty

Time to
Call 911

JOURNEY TO BETTER HEALTH

Did You Know?

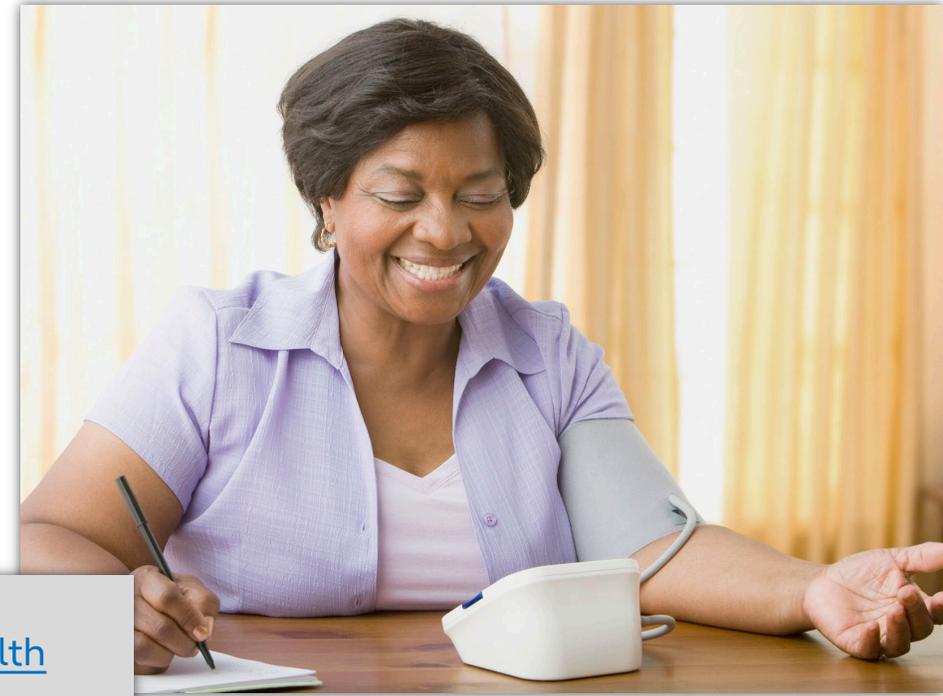
- Only **one in five U.S. women** is getting the recommended amount of physical activity under federal guidelines.
- About **50 million women** have hypertension in the U.S.
- About **45 percent of U.S. deaths caused by heart disease, stroke and Type 2 diabetes** are due to poor dietary habits.



JOURNEY TO BETTER HEALTH

That's why AHA has launched the Journey to Better Health

- This program provides you the opportunity to learn to:
 - Move More.
 - Eat Smart.
 - Manage Your Blood Pressure.
- Choose one, two or all three paths.
- Each path offers a step-by-step blueprint to help you make these heart-healthy habits a simple part of your daily routine.



Learn more at [GoRedforWomen.org/en/know-your-risk/journey-to-better-health](https://www.GoRedforWomen.org/en/know-your-risk/journey-to-better-health)

JOIN RESEARCH GOES RED

By joining Research Goes Red, you can:

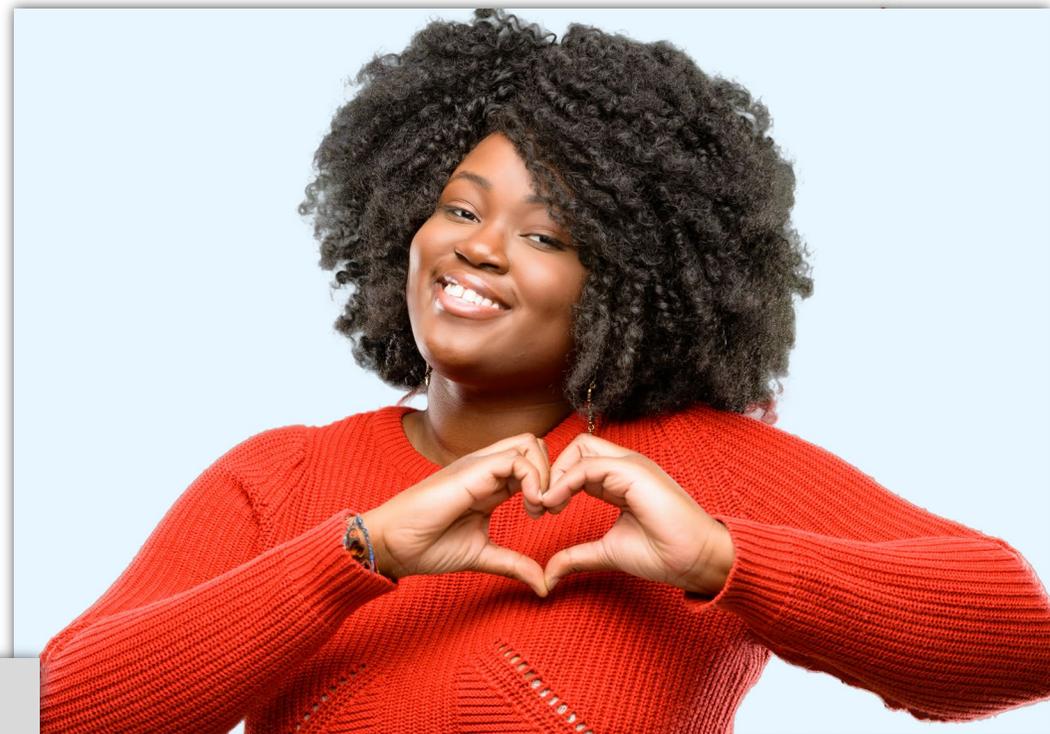
- Choose to contribute through clinical research, surveys, focus groups and more.
- Be the first to know when studies matching your preferences open.
- Test new technologies to help shape the future of disease management and care.



JOIN RESEARCH GOES RED

By joining Research Goes Red,
you can:

- Get exclusive access to updates, thought leaders and community events.
- Ultimately, learn about your own health and help improve health for all.



Join at Projectbaseline.com/gored

VIDEO: GO RED FOR WOMEN® | MORE TIME



JOIN GO RED FOR WOMEN

By signing up at [GoRedforWomen.org](https://www.GoRedforWomen.org)

- You're uniting with the mission to prevent heart disease and stroke in women.
- You're making a commitment to stand together and take charge of your own heart health and that of others.

**Make the Go Red Healthy Behavior
Commitment today!**





American Heart Association.

You're the Cure

YOUR VOICE MATTERS

We all have the power to make a difference by speaking out for policies that help build healthier communities and healthier lives.

Join **You're the Cure** today and be among the first to know when major policy initiatives pass or when your help is needed to advocate for a healthy future.



Text EMPOWER to 46839 to join today!



American Heart Association.

EmPOWERED to Serve™

USE YOUR VOICE TO CREATE HEALTHIER COMMUNITIES

You can help us draw communities together on the path to building a sustainable culture of health.

Go to EmPOWEREDtoServe.org

Sign up to become an ambassador and learn how you can be a part of the movement!

Join us as we impact the health of ALL in our communities!





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WRAP-UP

We appreciate your thoughts!

Tell us what you liked best.

Email us at:

empoweredtoserve@heart.org





American Heart Association.

EmPOWERED to Serve™

WE ARE EMPOWERED TO SERVE

...serve our health, serve our community



The American Heart Association requests that this document be cited as follows:

American Heart Association EmPOWERED to Serve Health Lessons. [EmPOWEREDtoServe.org](https://www.EmPOWEREDtoServe.org)



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