Resource Guide

[October 2026]

Heart Health in Women

- Nearly half of women in North America live with a form of cardiovascular disease or a risk factor, yet many do not recognize the signs.
- Symptoms can include fatigue, shortness of breath or nausea. Here are a few ways to protect your heart health:
    - Stay active and aim for regular movement
    - Eat a balanced diet
    - Manage stress levels
    - Monitor your blood pressure and cholesterol

  If you notice unusual symptoms, do not wait. Speak with your healthcare provider.

Scan to explore more Health Moments and women's health resources at purolatorhealth.com.

