

May 2016 – Million Hearts® Messaging

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We Want to Know!

Do you like these messages? Do they meet your needs?

- While the overall prevalence rate of high blood pressure is nearly equal among U.S. men and women, the prevalence of high blood pressure is higher in women 65 years and older.

The good news is high blood pressure can be controlled. Women can manage their blood pressure or risk for hypertension by adopting healthy living habits, working with a health care team and taking

High blood pressure is manageable – eat healthy, exercise, don't smoke, take your meds. Learn more: <http://bit.ly/1fFTYsN>. #NWHW

Mark your calendars for the @MillionHearts US, @KPSHare & @NINDnews #StrokeTalk on May 3 from 1-2pm ET!

Facebook

As we celebrate the women in our lives this May, let's take a moment to talk with them about their heart health. Talk to the women in your life about the link between high blood pressure and cardiovascular disease <http://bit.ly/1fFTYsN>

Cardiovascular disease (CVD) kills 1 woman every 80 seconds. High blood pressure is a major risk factor for CVD and, unfortunately, nearly 1 in 3 women have high blood pressure. Worse, many of them don't know it. Learn how you can prevent and control high blood pressure: <http://bit.ly/1fFTYsN>.

Health care pros – How do practices implement successful strategies for controlling blood pressure? Find out from the Million Hearts® Hypertension Control Challenge Champions: <http://1.usa.gov/23I5HpJ>.

Sample Newsletter Article

Help women make the connection between high blood pressure and cardiovascular disease this May
May is a time of flowers, birds, sunshine and mom (Happy Mother's Day!)! It is also a time to celebrate National Women's Health Week and American Stroke Month. That's means May offers us a perfect

While high blood pressure is a serious risk factor for cardiovascular disease, it is manageable. Talk with the women in your life about hypertension. Remind them they can only take care of others if they take care of themselves. Together, we can help women

http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/High-Blood-Pressure_UCM_002020_SubHomePage.jsp

American Heart Association – Go Red for Women – High Blood Pressure and Heart Disease
<https://www.goredforwomen.org/know-your-risk/factors-that-increase-your-risk-for-heart-disease/high-blood-pressure-heart-disease/>

CDC – High Blood Pressure Facts
<http://www.cdc.gov/bloodpressure/facts.htm>

Million Hearts® and American Heart Association/American Stroke Association – My Life Check Life's Simple 7 Success Plan
<http://millionhearts.toolsfortheheart.org/>

National Heart, Lung, and Blood Institute – The Heart® Truth
<http://www.nhlbi.nih.gov/health/educational/hearttruth/>