

HER HEALTH FIRST HEART HEALTH FRIENDS AND FAMILY DISCUSSION GUIDE



Serious cardiac events like heart attacks and strokes can leave people with physical and emotional changes and be life-changing for both the sufferer and their loved ones. Following a heart attack, people often suffer fatigue and depression, and they may find it more difficult to engage in physical activities.

CONVERSATION STARTERS WITH FRIENDS AND FAMILY:

Women need to safeguard their health, and that of their loved ones. The more you know about heart health, the more you can do to help prevent developing cardiovascular disease, which in turn lowers your risk of events like heart attacks and strokes. Have conversations with friends and family about heart health so that every woman feels empowered to put her health first, and can encourage other women to do the same.

1. **Speak about your personal connection to cardiovascular disease (CVD), what you've learned from your own research or conversations with your doctor**
2. **Discuss family history of risk factors for CVD, including high blood pressure and high cholesterol**
3. **Educate on the impact of CVD on health and daily activities**
 - **Discuss what they value most about their daily activities**
 - **Address how a loss of independence would negatively affect their life and goals**
4. **Ask about family history with heart health**
 - **Do you have a family history of heart health problems?**
 - **Have you spoken with your family about their own risks?**
5. **Talk about the steps you can take – go to a doctor, healthy eating, exercise, and other measures to manage risk factors like high cholesterol and high blood pressure**