

How Well Do You Know Your Heart?

Heart disease is the Number 1 killer of American women. That's a scary statistic, until you factor in the good news: You can take significant steps to reduce your risk.

All it takes is a few minutes and a few clicks.

The Go Red Heart CheckUp is a free interactive online assessment tool that helps women take charge of their heart health. You simply enter your information into the Go Red Heart CheckUp questionnaire at GoRedForWomen.org. Within seconds, you'll get an easy-to-read report that evaluates your risk of having a heart attack or other cardiovascular event within the next decade. It also identifies risk factors that can be changed and provides a personalized action plan that can be printed and used as a basis for discussing heart health with your doctor.

Before you start, here's what you'll need to know.

The information you get out of the Go Red Heart CheckUp is only as accurate as the information you put in. That's why it's important to have current readings on your total cholesterol, LDL ("bad") cholesterol, HDL ("good") cholesterol, triglycerides,

blood pressure, fasting glucose, height, weight and waist circumference. If you don't have those numbers from a recent physical exam, take the attached form along to your next doctor's visit and use it to record the information.

Since early 2007, over 1.5 million women have increased their knowledge of their heart health by taking the Go Red Heart CheckUp.

**Go Red For Women is out to change your life.
And the world.**

Before the American Heart Association introduced Go Red For Women, few people realized just how big a threat heart disease poses to women. Many were stunned to learn that heart disease is the Number 1 killer of American women. Go Red For Women was created to raise awareness of the danger heart disease poses to women and to help them make choices to reduce their personal risk.

To know and understand your personal risk, visit www.goredforwomen.org. Know the numbers that matter most.

GO Red Women's Luncheon

How do you speak up for yourself and for others?

Let your choices inspire others to Speak Up to Save Lives.

Share your story at the 3rd annual Go Red for Women Casting Call at the Working Women Survival Show on Saturday February 20th at the St. Charles Convention Center from 10:30 a.m. – 2:30 p.m. Winners will get the chance to represent Go Red For Women and appear in a national television special on Women and Heart Disease. For those who are unable to attend a casting call event, join the conversation online at GoRedForWomen.org. For more information, please call (314)692-5673.

You can also attend this year's American Heart Association's Go Red for Women Luncheon, which is nationally supported by Macy's and Merck. This year's theme is "A Heart to Heart Conversation with Karen Foss," and we're asking St. Louis women to join the conversation and speak up to save lives. The 2010 Go Red for Women Event Chairs are: Brenda Newberry and Sandra Van Trease.

When: Friday, February 12, 2010

9 a.m. – 11:30 a.m. - Educational Breakouts/Silent Auction

Noon – 1:30pm - Luncheon Program

**Where: Ritz Carlton – St. Louis, 100 Carondelet Plaza,
St. Louis, MO 63105**

For information on table sponsorships, please call the American Heart Association at (314)692-5661 or visit www.heart.org/stlouis.



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One Day a Year, What You Wear Speaks Volumes. Wear Red and Speak Up!



National Wear Red Day is Friday, February 5, 2010

Most of the time, what you wear isn't that critical. But on **National Wear Red Day**, it's vitally important. That's because wearing red on National Wear Red Day makes a statement about the Number 1 killer of American women: heart disease.

Wearing red on **National Wear Red Day** helps increase awareness about the importance of **speaking up** against this often preventable disease. And, by making a donation, you can help us raise money for critical heart research and education programs. Wear red, spread the word and save lives.

On **National Wear Red Day** make a choice to live a heart-healthy life – and take action! Learn more at GoRedForWomen.org.