



Creating Healthy
Michigan Asian American Communities



Know Your Risks

High blood pressure

Overweight/obesity

Diagnosed with diabetes

Have family history

What Women Need to Know About Heart Disease: Quick Facts

One in 4 women dies from heart disease

Women have vague symptoms than chest pain

Women have smaller blood vessels compared to men

There is a 10-year gap in women developing heart disease compared to men

Know Your Numbers

Is your blood pressure higher than 130/80?

Is your GOOD Cholesterol (HDL) number lower than 50?

Is you BAD cholesterol (LDL) number higher than 130?

Is your body mass index (BMI) higher than 23?

Is your A1C higher than 5?

**Get screened and work with your care provider to make
a heart healthy plan**

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