

#HerHeartMatters



Minding your

heart health

around **menopause**

 Irish Heart
Foundation

her
heart 
matters

Did you know....

1 in 4 women die from heart disease and stroke



Women's risk of heart disease and stroke goes up after menopause because of:



Low levels of a hormone called oestrogen. This can increase your blood pressure and cholesterol levels.



Some menopause symptoms themselves can increase your risk. For example, night sweats and poor sleep.



Changes in body shape, muscle and fat stores.

The good news

80 per cent of early heart disease and stroke can be prevented by making changes to your lifestyle.



Here are some ideas...

Manage Stress

Feeling stressed may cause you to eat healthier foods, smoke more and drink more alcohol which affect your heart.

Take time out for yourself.



Practical tips for managing stress



Exercise regularly, choosing activities you enjoy.



Get out in the fresh air, exercising in green space has added mental health benefits.



Keep regular sleep routines.



Maintain a healthy balanced diet.



Practise relaxation techniques such as breathing exercises.



Stay connected to friends, family, and colleagues.



Find ways to relax such as reading a book, getting creative or meditating.



Try to reduce your screen time.



Visit **stresscontrol.ie** and **yourmentalhealth.ie** for further advice and support.

'Meeting up with friends'

'I meditate, I find a lot of peace in meditation'

'Just reading, I read, I just lose myself in a book'

'Knitting works for me'

Take a moment to think about what ways you can reduce stress...

Get moving

Try to be active for at least 30 minutes five days a week.

Any activity that increases your breathing and heart rate is great. Try cycling, fast walking or swimming.



To keep muscles, bones and joints strong try to build strength on at least two days a week. Going to the gym, Pilates or carrying heavy things all build strength.

Break up long sitting times in your day with ten minutes of moving around to get blood flowing and your muscles working.



Eat well

Choose **more** fruit and vegetables. Aim to eat fish twice a week.



Try to eat **less** chips, pizza, biscuits and cakes.



Stop smoking



Your risk of heart attack is reduced by half one year after quitting.

Ask for advice. Freephone the National Smoker's Quitline on **1800 201 203** or visit **www.QUIT.ie**

Drink less alcohol

If you drink alcohol, limit to no more than 11 standard drinks per week and keep some days alcohol-free.

Visit **AskAboutAlcohol.ie** for more information.



Pint of beer = 2 standard drinks



Glass of wine (250ml) = 2.5 standard drinks



Shot of spirit (35.5ml) = 1 standard drink



Bottle of wine (750ml) = 7 standard drinks

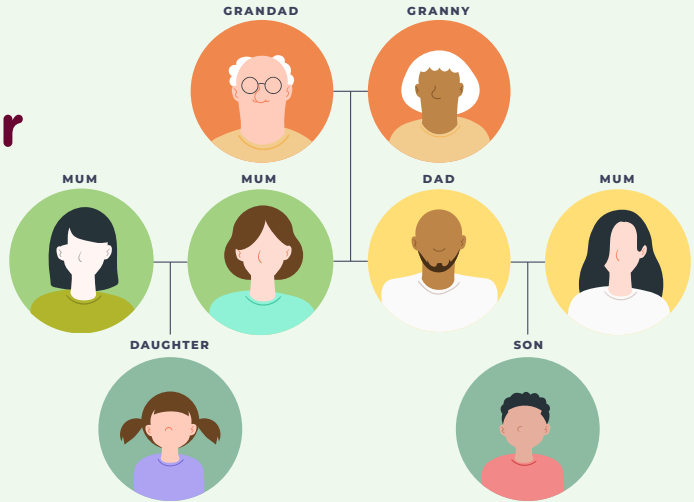
Get to know your GP

Have regular blood pressure and cholesterol checks. Start having checks in your twenties or thirties. Follow the advice of your GP and take medication as prescribed.



Know your family history

Heart disease and stroke can run in families.



We are here for you



Visit www.irishheart.ie for more information.

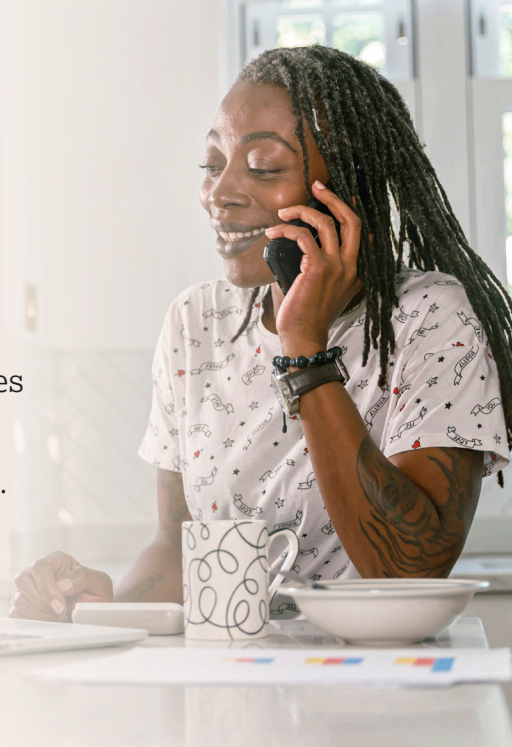


Speak to one of our expert nurses by phone on **01 668 5001**.

Monday to Friday, 9am to 1pm.



Email support@irishheart.ie



irishheart.ie

The Irish Heart Foundation is a community of people who fight to protect the cardiovascular health of everyone in Ireland.

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