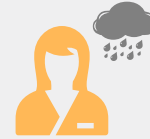


DEPRESSION AND HER HEART

BECAUSE HER HEART MATTERS TOO • FOR MORE INFORMATION VISIT YOURHEART.CA

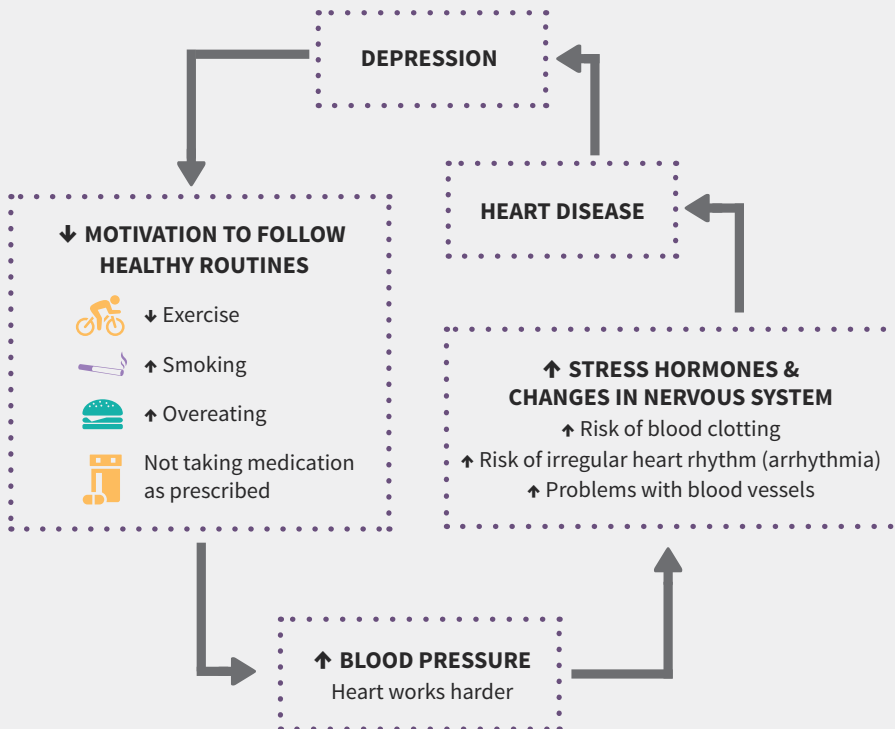


Depression is **twice as common** in women than in men.

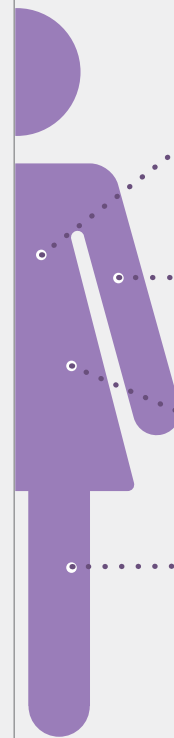


Women suffering from depression are at **2-3x higher risk** of heart disease.

HOW IS DEPRESSION LINKED TO HEART DISEASE?



STRESS, ANXIETY AND DEPRESSION HAVE REAL PHYSICAL EFFECTS ON YOUR BODY



Heart rate can become irregular.

Blood pressure can increase.

Fat cells become converted into cholesterol.

Platelets become “sticky” and build up in arteries.

WHAT CAN I DO?



Move more, sit less. Aim for 30 minutes a day. (walking, bicycling, etc.).



Get outdoors.



Reduce your alcohol intake. Aim for fewer than 2 drinks per day.



Learn relaxation skills.



Find a positive support network.



Take medications as prescribed.



Download the top 5 questions to ask your healthcare provider at yourheart.ca