

WOMEN'S HEALTH

Learning The Truth About Heart Disease

(NAPSA)—A healthy dose of knowledge could go a long way toward preventing heart disease—the No. 1 cause of death in American women. However, many women still do not take their risk of heart disease personally and seriously. To help increase awareness and educate women about their risk, Janome America, Inc., a leading manufacturer of home sewing machines, has partnered with *The Heart Truth*, a national awareness campaign for women about heart disease. Janome is making available a special limited-edition *Heart Truth* machine, the “HT 2008.” The HT 2008 is accented in red and loaded with advanced computerized features that embody the innovation and quality for which Janome is known. Included with the machine is a brochure about *The Heart Truth* campaign, as well as a Red Dress Pin, the national symbol for women and heart disease awareness.

“Our partnership with Janome enables us to reach thousands of women with useful information to help them understand their risk factors and make their heart health a priority,” adds Dr. Elizabeth G. Nabel, Director of the National Heart, Lung, and Blood Institute.

The Heart Truth brochure included with the HT 2008 helps women identify their risk factors for heart disease, what they can do to lower their risk and how they can help spread the word to others. Here’s a closer look:

Step 1: Learn *The Heart Truth*

You can learn about heart disease by visiting *The Heart Truth* Web page at www.hearttruth.gov. The site includes facts on heart

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In partnership with



Women & Heart Disease



A leading sewing machine manufacturer is helping spread the word about heart disease.

disease, as well as tips on leading a heart-healthy life and questions to ask your doctor about risk factors for heart disease.

Step 2: Spread The Word

You can help spread awareness of heart disease in women by sporting a Red Dress Pin and opening up the lines of communication with other women, including close friends and family, about this important health issue.

Step 3: Know Your Numbers

It’s important to know what numbers affect your risk of developing heart disease. Talk to your doctor about your blood pressure and cholesterol levels, your body mass index and waist circumference measurement, as well as your blood sugar levels.

Step 4: Learn The Risks

Risk factors for heart disease include high blood pressure, high cholesterol, diabetes, smoking, being overweight and obese, being physically inactive, age and having a family history of early heart disease.

Step 5: Take Action

If you smoke, quit. Also, focus on maintaining a healthy weight and being more physically active. Finally, adopt a healthy eating plan and talk with your doctor about heart disease.

For more information, visit www.hearttruth.gov or www.janome.com.

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Note to Editors: February is Heart Health Month; however, this release can be run anytime of year.