



WOMEN'S HEALTH

Ways To Love Your Heart

(NAPSA)—To the surprise of many, heart disease is the number-one killer of women in the U.S. The good news is that with education and research, doctors say risks can be reduced and lives can be saved. The American Heart Association offers these tips:

- Know your numbers. Track your blood pressure, cholesterol, glucose and weight and keep them in a healthy range.

- Take a deep breath, slow down and feel your heart beat. Finding moments of calm is a healthy alternative to stress.

- Don't smoke and avoid secondhand smoke.

- Get at least 30 minutes of physical activity on most or all days of the week.

- Add more color to your diet each day by eating more fruits and vegetables.

- Control diabetes if you have it. Follow a plan to reach a healthy weight if you're overweight.

- Laugh out loud—happiness is healthy.

Spreading The Word

To help spread the heart-healthy message, the American Heart Association created the "Go Red For Women" campaign and partnered with Perfumania, a top fragrance retailer in the U.S. Perfumania created the Red Dress



A new fragrance may raise money to support women's heart health.

fragrance specifically for the campaign and will donate 100 percent of net proceeds from the sale of the fragrance to the American Heart Association.

Red Dress is an exquisitely radiant fragrance composed of beautiful floral notes capturing the sheer wonderment of femininity. The scent is composed of mandarin, freesia, bergamot, rose petals, jasmine, linden blossom, iris, musk and sandalwood notes.

The fragrance is packaged in a 3.3-fl. oz. dramatic red glass bottle with a decorative clip that doubles as the Go Red campaign symbol. The fragrance is available at Perfumania stores or on their Web site www.perfumania.com.