



The *Guilt-Free* Times

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This month's feature article topic found me! Maybe you're more enlightened and informed than I, but I was surprised to learn that heart disease is the leading cause of death in women, even over breast cancer. I did a bit of quick unscientific research on the net and found some good tips and resources you'll find below. This is important for men to know as well to help keep the women in their lives healthy!

Lastly, I'm excited to announce some new additions to my website. You'll find a variety of informative articles I've written on the [Articles](#) page of my site. You'll also find some of the most beneficial resources I use with my coaching clients on the [Free Tools](#) page. I'd love to hear your feedback about these new additions. My goal is to make my website a resource to which you can refer to often for living Guilt-Free!

Cheers!

Victoria



Did You Know Heart Disease is the #1 Killer of American Women?

Neither did I until I caught a variety of segments on Good Morning America, Oprah, and PBS highlighting that fact. I further learned February is American Heart Month in order to increase heart health awareness in women (this is symbolized with a red dress pin). This is important since 1 in 3 women has cardiovascular disease and 1 in 4 will die as a result.

Here are a couple bits of information I learned:
According to Dr. Mehmet Oz who appeared on the Oprah show, **"Women's hearts are physically different than men's.** If you look at the arteries that provide blood flow to the heart muscle, men's are like rigid pipes, while women's are soft. Only 30% of women who have heart attacks have calcium in their arteries, whereas 90% of men who have heart attacks have calcium in their arteries. Therefore, **heart disease is a different disease for women than it is for men."**

Dr. Judith Reichman further shared that "...women have heart attacks five to ten years later than men, because **women's**

estrogen levels decrease over time and as women become menopausal, they lose some of their protection against heart disease."

So, how do we women combat heart disease?

On [The Hidden Epidemic Heart Disease in America](#) PBS broadcast I LITERALLY happened to see as I was writing this article, Dr. Michael Roysen stated **80 – 90% of heart disease can be prevented with lifestyle changes.** I did some quick surfing on the net and found these to be the most frequently suggested changes:

1. If you smoke, **quit.**
2. **Keep in shape.** When appearing on the Oprah show, I recall Dr. Oz say that a woman's waist shouldn't be over 35" for good heart health. Ideally, women should have a waist size that is half their height. So, for example, a woman who is 5' 7" or 67" you should have a waist size of 32". When measuring, it's OK to "suck it in". What you're measuring is what's underneath (I forget the terminology).
3. **Avoid yo-yo dieting** which can actually increase your risk of heart disease.
4. **Get plenty of rest.** Results of a national study indicated a 39% increase in heart attacks for women who got less than five hours of sleep a night over a decade.
5. **Know your numbers.** Get with your doctor to have your blood pressure, cholesterol and blood glucose checked and then work to improve any numbers outside the optimal range.

Additional Resources

Go to the American Heart Association website and take their "[Go Red Heart CheckUp](#)" to identify your risks.

[What is the Heart Truth](#)

Schedule Highlights for The Guilt-Free Coach

February 2007

February 28th

"What's on your inner MP3 player?"

McHenry Area Chamber of Commerce Sales Roundtable
1257 N. Green Street, McHenry
11:45 AM - 1:15 PM

Our inner dialogue is often our biggest obstacle to achievements! Whether you call it a Gremlin, Saboteur, Limiting Belief or Inner Critic, the net result is the same: You stay stuck and unable to complete the actions that will improve success. ***Change your tune and create success!***

Find out more....

More Upcoming events can be found on the [Schedule](#) page of my website.



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