

**Photo / Video Op Tomorrow**

**SALT LAKE COUNTY EMPLOYEES GO 'RED FOR WOMEN'  
TO FIGHT HEART DISEASE, STROKE**

***A third of all Utah women die from the diseases; more are disabled***

**WHAT:** Salt Lake Valley Health Department (SLVHD) is joining other communities and companies across the nation and wearing red tomorrow, February 2, to support the American Heart Association's Wear Red Day event and increase awareness of heart disease and stroke, the No.1 and No.3 killers of women. SLVHD and Salt Lake County employees will dress in red & gather together to show support. They will also celebrate the "survivors" among them. A health booth with prevention information and blood pressure measurement will be available.

**WHEN:** Friday, February 2, 2007, 12:00 noon.

**WHERE:** Salt Lake County Government Center South Building  
2001 South State Street – North Building, Main Floor Atrium

**WHY:** "We're trying to change the idea that heart disease and stroke are just men's diseases," said Terri Sory, Chronic Disease Program Manger. "Many women may think they don't need to worry about these diseases, but the truth is heart disease and stroke kill more women than men in Utah."

Being overweight or obese, high blood pressure, high cholesterol, diabetes, and smoking can increase the risk for heart disease and stroke. Women also can have different risk factors and warning signs than men do:

- **High blood pressure** is more common in women taking **oral contraceptives**, especially in obese and older women, than in women not taking them.
- **Fifty-seven percent** of Utah women are **overweight or obese**.
- **More than a third** of Utah women 50 and older have been diagnosed with **high cholesterol**.
- Women with **diabetes** are two to four times more likely to have heart disease or stroke than women without diabetes.
- Symptoms of heart attack for women are more likely to include pain or discomfort in other areas of the body besides the chest, such one or both arms, the back, neck, jaw, or stomach. Shortness of breath, nausea and vomiting are also common.

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