

Taking It to Heart: Test Your Knowledge Of Women And Heart Health

(NAPSA)—Currently, women have unprecedented access to health information and consider lifelong vitality a priority. However, surveys consistently report that women are remarkably unaware of potentially life-saving health information. Take this short quiz to determine your risk awareness.

True or false?

1. Cancer is the #1 killer of women over 40.
2. Heart disease usually begins when a woman reaches her mid-40s or menopause.
3. Drinking tea may reduce the risk of coronary heart disease.
4. The Heart Truth is a national heart disease awareness campaign for women.
5. The Red Dress Collection is a fashion show designed to increase women's awareness of heart disease.

Answers

1. **False.** One in three women dies of heart disease, making it the #1 killer of women. It affects more women than the next seven leading causes of death combined, including breast cancer (Source: AmericanHeart.org).
2. **False.** Heart disease is a progressive disease and is "ageless," potentially starting in the teenage years (The Heart Truth). Risk factors include cigarette smoking, high blood pressure, elevated cholesterol, physical inactivity, being overweight or obese, and diabetes.
3. **True.** In October 2003, the USDA reported that men and women who drank black tea for three weeks reduced their "bad cholesterol" (or LDL) by an average of 7.5 percent. Researchers concluded that drinking black tea in combination with a healthy diet significantly reduces cholesterol and may reduce the risk of coronary heart disease.
4. **True.** The Heart Truth, sponsored by the National Heart, Lung, and Blood Institute, was launched in 2002 to warn women of their #1 health threat, heart



The Red Dress Collection helps increase women's awareness of heart disease.

disease.

5. **True.** Top designers, models and celebrities unite on the runway at Olympus Fashion Week to debut a one-of-a-kind collection of red dresses, promoting the Red Dress as the symbol for women and heart disease awareness. Celestial Seasonings® is a proud co-sponsor of the Red Dress Collection 2005 Fashion Show to encourage women to protect their heart health.

Understanding heart disease in women is crucial. Often, all that's needed is a commitment to a healthier lifestyle: exercising regularly, maintaining a healthy weight, quitting smoking and eating a heart-healthy diet. Further, adding just two cups of tea daily provides useful levels of tea's beneficial phytonutrients.

With over 80 all-natural, unique teas brimming with flavor, like Celestial Seasonings Golden Honey Darjeeling or Persian Mint Spice Decaf Black Teas, it's easy to indulge in a delicious beverage that supports your heart health. To learn more about The Heart Truth campaign, heart health and Celestial Seasonings sponsorship of the Red Dress Collection 2005, visit www.hearttruth.gov or www.celestialseasonings.com.

Note to Editor:

References

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