The biggest health problem for women is not breast cancer; it is cardiovascular disease, which includes heart disease and stroke.

By doing just these things, women can lower their risk of heart disease by as much as 80 percent.

- Eating right
- Managing your blood pressure
- Being active
- Not smoking
- Controlling your cholesterol levels
- Controlling your blood sugars (glucose)
- Maintaining a healthy weight
- Knowing your family history of heart disease
- Keeping watch for risk factors if you had pregnancy-related diabetes or hypertension

Content courtesy of Erin Michos, M.D., M.H.S., associate director of preventive cardiology at the Ciccarone Center for the Prevention of Heart Disease and associate professor of medicine at the Johns Hopkins University School of Medicine.