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Know the facts not the myths– Go Red for Women June 2010

True or false? Heart disease is the biggest killer of Australian women.

The answer is true. In fact heart disease kills four times as many women as breast cancer does – over 11,000 women per year¹. Recent Heart Foundation research tells us that awareness of this fact is low, with only one in five women² knowing heart disease is the leading cause of death.

Go Red for Women is the Heart Foundation's campaign that unites women in the fight against heart disease – helping to raise awareness of their risk and the steps they can take to make healthier choices.

You can join the campaign and spread the message by wearing red on Friday 11 June. In this way you'll join with thousands of Australians to increase awareness of this important women's health issue in the community.

For more information, including lifestyle tips and new recipes, and to order campaign resources, visit the website at www.goredforwomen.org.au.

Put a date in your diary – wear red on 11 June to raise awareness about women's heart health.

¹ Australian Bureau of Statistics. Causes of Death (3303.0) 2008. March 2010.

² Heart Foundation. Heart Watch. June 2009 (unpublished)