# I (Heart) My Health

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Black women are 72% more likely to have heart disease than white women. But it's largely preventable if you control risk factors like high cholesterol and hypertension.

The American Heart Association's (AHA) new online risk evaluator Go Red Heart Checkup can help. You can plug in health information such as blood pressure, cholesterol and lifestyle information (like exercise habits) to get a personalized assessment of your risk for heart disease. Don't know all your numbers? You can use the AHA's downloadable form to order a copy of your most recent blood test results.

Even without numbers, Go Red offers "information about lifestyle changes to lower your risk," says Jennifer Mieres, MD, an AHA national spokesperson. "The goal is to empower women so that heart health becomes an important part of the thinking process." Assess your health at www.GoRedforWomen.org.

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