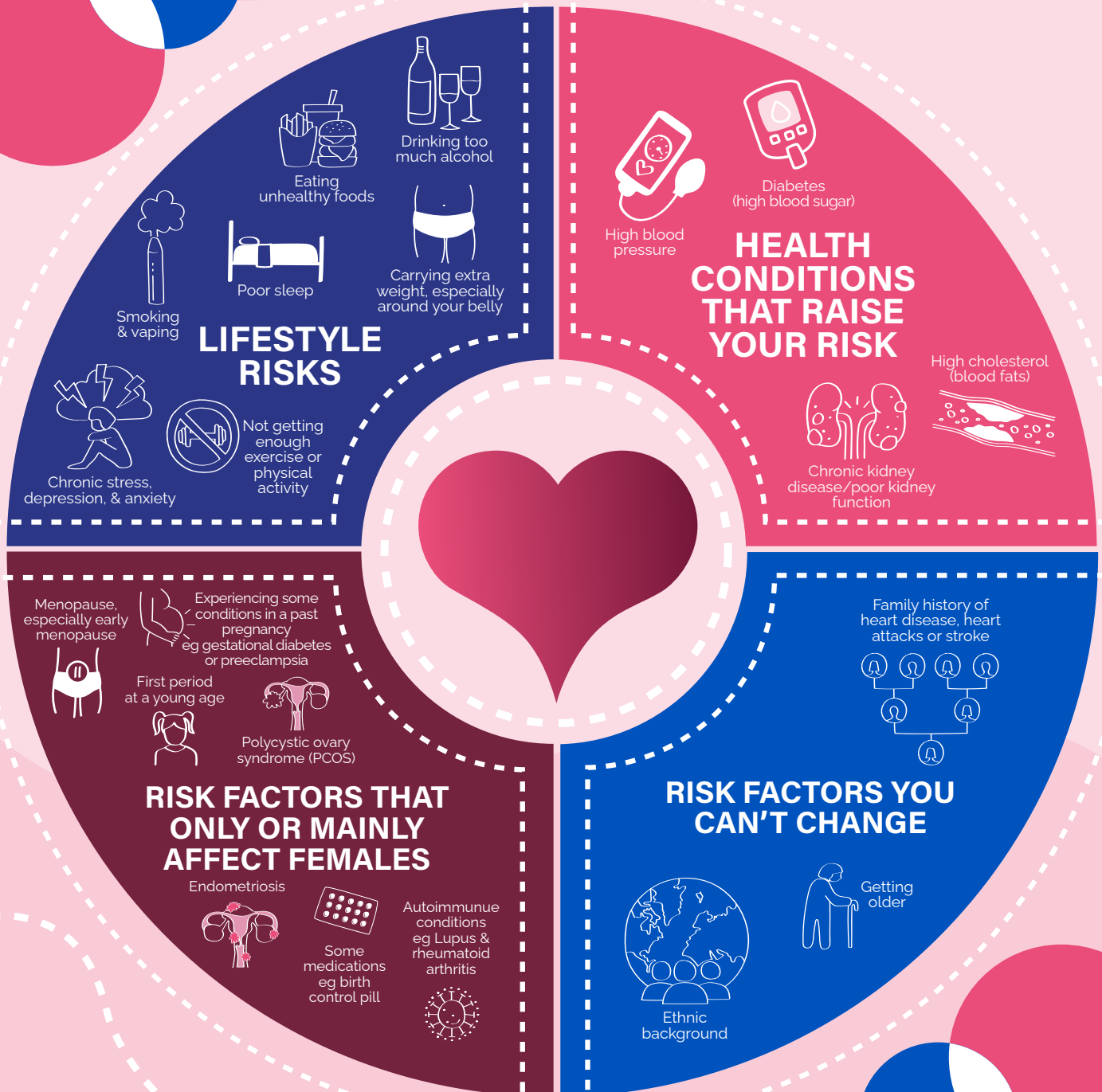


What are the risk factors for heart disease?

Heart disease doesn't have just one cause. Instead, there are different risk factors that raise your chance of developing it. The more risk factors you have, the higher your chances of developing heart disease. **But you can take control!** Knowing your risk factors and making healthy changes can lower your chances of heart disease.



Emerging risk factors

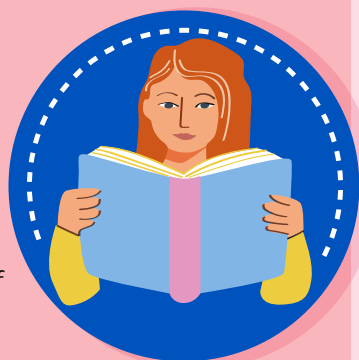
New research has identified family violence, poverty, pollution, other psychosocial issues and poor health literacy, as heart disease risk factors for women, but more work is needed to understand why.



What can I do?

Know your risk

Knowledge is power: Understanding your risk factors is the first step in protecting your heart. Check your risk of heart disease [here](#).



Live heart-healthy

The good news is that healthy habits, such as eating well, keeping active, and getting good sleep can protect your heart.

Simple changes can make a big difference.

Managing your weight helps to prevent high blood pressure, high cholesterol, diabetes and heart disease.



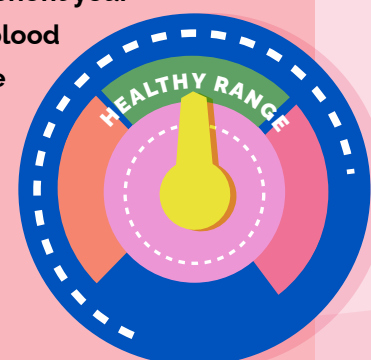
See your doctor for a heart health check

Your doctor can talk with you and check your blood pressure, cholesterol, and blood sugar levels to see if you are at risk of heart disease. They can also help you make a plan to improve your heart health. If you are at high risk of heart disease, you may need to see a specialist.



Take control of your health

You can take steps to benefit your heart health and keep blood pressure, blood glucose and cholesterol levels within a healthy range.



More information and links to other resources:

Ask Heart Health



The free **Ask Heart Health App** provides comprehensive, high quality menopause and heart health information, and support tools that are based on the latest evidence. Available early 2026.

Ask Early Menopause



Menopause fact sheets

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