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Student Health
&
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Innovation

Stall Street Journal

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Student Nurses

WOMEN'S HEART HEALTH



Did you know...
Heart disease is the #1 killer of American Women



Avoid Tobacco
Be More Active
Choose Good Nutrition

Women at risk...

- Smokers risk a heart attack 19 years earlier than non-smokers.
- Users of oral contraceptives.
- Sedentary life style.
- Diabetics.
- High stress individuals.
- High blood pressure.

Free Cholesterol Tests
for ASU students!
Mon. 2/2/09 8-10 a.m.
@ Poly
Student Health Center.

Water only 8 hrs.
before test.

Free Snacks!
(Faculty/staff-fees apply.)

Signs of Heart Disease

- Feeling really tired despite enough sleep
- Trouble breathing
- New or worse headaches
- Back pain between shoulder blades
- Pain or tightness in your chest

**Building Healthy
Lifestyles Conference**
@ Poly Feb. 5-6
**ONLY \$50 for
students!**
\$95 non-students
bhlconference.com



For An Appointment or More Information Contact:
ASU Polytechnic Student Health Center: 7153 E. Thistle Ave.
Phone: (480) 727-1500 Appointments 9 a.m.-12:30 p.m. & 1:00-4:30 p.m.
Use ASU Student Insurance or we'll bill yours. Discount program available.