

WOMEN AND HEART DISEASE:

MYTHS VS. REALITIES

The facts are clear. More women die of heart disease than all forms of cancer combined. Unfortunately, the killer isn't easy to see. Heart disease is often silent, hidden and misunderstood.

MYTH

Heart disease is something that only men need to be concerned about.

FACT

Heart disease is the No. 1 killer of women, **CAUSING 1 IN 3 DEATHS EACH YEAR.**



**THAT'S ABOUT
1 EACH MINUTE**



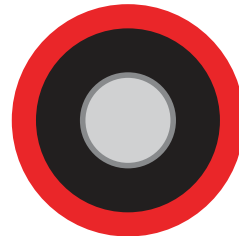
More women than men have died from cardiovascular disease since **1984.**

MYTH

Cancer is more deadly to women.

FACT

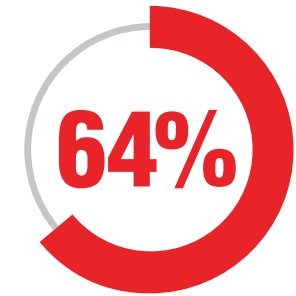
More women die from heart disease than from **the next three causes of death combined, including all forms of cancer.**



- Heart Disease **419,730**
- Cancer **271,210**
- Chronic Lower Respiratory Disease **73,968**
- Alzheimer's **57,919**

MYTH

Men and women have the same heart attack symptoms.



FACT

64% of women who die suddenly of coronary heart disease had no previous symptoms.

MYTH

There is nothing I can do about heart disease.

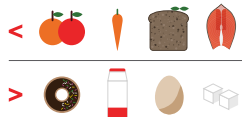
FACT

Making healthy changes in women's lives may reduce their risk for heart disease as much as 80%. Here's what you can do:



BE ACTIVE

This can include walking, swimming, jogging, bicycling, tennis and other forms of physical activity—at least 40 minutes most days of the week.



EAT WELL

Fruits, vegetables, fiber-rich whole-grains and fish are all heart healthy foods. Cut back on saturated and trans fats, cholesterol and added sugars.



BODY MASS INDEX

25 AND BELOW
= heart healthy
30 AND ABOVE
= significant risk for heart health problems

MYTH

All women have the same risk of heart disease.

FACT

HISPANIC WOMEN ARE LIKELY TO DEVELOP HEART DISEASE 10 YEARS EARLIER THAN NON-HISPANICS.



AFRICAN AMERICAN WOMEN

Cardiovascular disease deaths are highest, regardless of age, in African Americans.

IN FACT, AFRICAN AMERICANS HAVE ALMOST 2X MORE RISK OF STROKE THAN CAUCASIANS



MYTH

Women should only worry about plaque buildup in blood vessels of their heart.



FACT

Women may also be at risk for Peripheral Artery Disease (PAD), when plaque builds up in the blood vessels of your legs and arms. In fact, women with PAD are **TWO TO THREE TIMES** more likely to have a stroke or heart attack than those without it.

**THE TRUTH IS:
OUR LIVES ARE IN OUR HANDS**

WWW.GOREDFORWOMEN.ORG

WE CAN STOP OUR NO. 1 KILLER TOGETHER BY SHARING THE FACTS. WE CAN BE THE DIFFERENCE BETWEEN LIFE AND DEATH. UNCOVER THE TRUTH ABOUT HEART DISEASE AND MAKE ENDING IT A REALITY.

