

Know the Facts

Heart disease in women is a serious issue!

These are little known, but very important facts about women and heart disease.

- While **1 in 30** American women die of breast cancer, almost 1 in 3 will die from cardiovascular disease.
- **64%** of women who die suddenly of coronary heart disease have no previous symptoms of this disease.
- **43 million** American women are living with cardiovascular disease.
- An estimated **62%** of American women are overweight and obese.
- **One in three** Americans has some form of cardiovascular disease, claiming more lives than any other cause of death.
- Heart attack, stroke and other cardiovascular disease claim the lives of over a **460,000** women each year – approximately 1 death per minute among females in the US.
- Non-Hispanic black and Mexican American women have **higher rates** for some heart disease and stroke risk factors than non-Hispanic white women.

We have the power to change these statistics.

Turn personal choices into life-saving actions. Choose to **Go Red** by visiting **GoRedForWomen.org** to assess your risk of heart disease. Create a **Wear Red Day** celebration any time of the year by downloading and sharing heart health information with your co-workers, family and friends.

Choose to beat heart disease at **GoRedForWomen.org**.

Sources - American Heart Association 2008z Heart Disease and Stroke Statistics; Women's Tracking Study, Harris Interactive; NHLBI



American Heart Association 
Learn and Live

nationally sponsored by



©2008, American Heart Association. Also known as the Heart Fund.
TM Go Red trademark of AHA, Red Dress trademark of DHHS