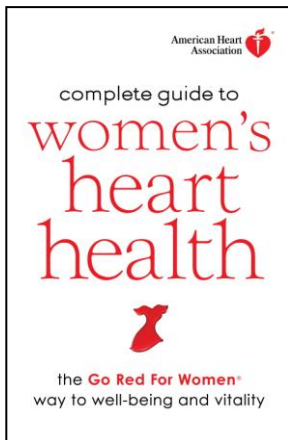


FOR IMMEDIATE RELEASE

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***Heart disease poses the greatest health threat that women in America face:
One in every three women will die from it each year.
But that doesn't have to be the case.***



American Heart Association **COMPLETE GUIDE TO WOMEN'S HEART HEALTH**

The Go Red For Women®
Way to Well-Being and Vitality

Heart disease is *not* an inevitable part of growing older. In fact, if you reach the age of 50 without developing the major risk factors for heart disease, you may live your entire life without it. The key to preventing heart disease is embracing a heart-healthy lifestyle—and the sooner, the better. In **THE COMPLETE GUIDE TO WOMEN'S HEART HEALTH** (Clarkson Potter/Publishers, \$26.00, on-sale December 29, 2009), the American Heart Association shows you how even the smallest changes can make a big difference over time to protect the health of your heart.

THE AMERICAN HEART ASSOCIATION COMPLETE GUIDE TO WOMEN'S HEART HEALTH explains how gradual and sustainable shifts in your routine, such as using just a little more than one percent of your time each week to exercise or losing just 10 percent of your body weight, can have a far-reaching impact on your health. Easier

said than done? **THE AMERICAN HEART ASSOCIATION COMPLETE GUIDE TO WOMEN'S HEART HEALTH** provides all the information women need in every decade of their lives, from their 20s to their 70s. First walking women through the basics of general heart health and how women's cardiovascular systems can be affected by gender-specific factors, the AHA then covers heart health for women through the years, with vital advice on how heart health interacts with such age-specific variables as:

- ❖ Drinking and smoking
- ❖ Oral contraceptives
- ❖ Pregnancy
- ❖ Diabetes and other health conditions
- ❖ Hormone therapy
- ❖ Menopause

It's really very simple—a heart-healthy lifestyle is all about eating nutritiously, getting regular exercise, not smoking, and being vigilant about controlling risk factors such as high blood pressure, high cholesterol, and diabetes. With detailed information on diet, exercise, managing health care, and testing and treating heart conditions, **THE AMERICAN HEART ASSOCIATION COMPLETE GUIDE TO WOMEN'S HEART HEALTH** is a must-have for every woman who seeks to live a long, healthy, and vital life.

ABOUT THE AUTHOR:

THE AMERICAN HEART ASSOCIATION is the nation's premier authority on heart health. Its bestselling library of cookbooks and guides includes *American Heart Association Healthy Family Meals*; *The New American Heart Association Cookbook, 7th Edition*; *American Heart Association No-Fad Diet*; *American Heart Association Low-Salt Cookbook, 3rd Edition*; *American Heart Association Low-Calorie Cookbook*; and *American Heart Association Quick & Easy Cookbook*. For more information, visit www.americanheart.org.

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