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.**

**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

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

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

**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.

**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.**

<table>
<thead>
<tr>
<th>Disease</th>
<th>Number of Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Disease</td>
<td>419,730</td>
</tr>
<tr>
<td>Cancer</td>
<td>271,210</td>
</tr>
<tr>
<td>Chronic Lower Respiratory Disease</td>
<td>73,968</td>
</tr>
<tr>
<td>Alzheimer’s</td>
<td>57,919</td>
</tr>
</tbody>
</table>

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**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.

Source: American Heart Association Heart Disease and Stroke 2012 Statistical Update

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