

Facts and Key Points About Heart Disease

- * Heart disease is not just a man's disease.
- * Cardiovascular diseases cause 1 in 3 women's death each year, killing approximately 1 woman every minute.
- * An estimated 43 million in the US are affected by cardiovascular diseases
- * 80% of heart disease and stroke events could be prevented with education and lifestyle changes
- * Since 1984, more women than men have died each year from heart disease and stroke. Fewer women than men survive their first heart attack

What are Heart Disease and Stroke?

- * There are many types of heart and blood vessel diseases.
- * Over 82 million Americans have one or more of them.
- * Each year more than 813,000 people die from them — that's over 33 percent of all deaths in the United States.

Some Key Steps to Prevent Heart Disease and Stroke:

- Don't smoke, and avoid second-hand smoke.
- Lower your blood pressure if it's high.
- Eat a healthy diet low in saturated fat, trans fat, cholesterol and salt.
- Be physically active.
- Keep your weight under control.
- Get regular medical check-ups.
- Follow your doctor's orders for taking medicine.
- Control your blood sugar if you have diabetes.

Source: American Heart Association/Go Red For Women

To learn more, please check these links:

http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300313.pdf

http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300319.pdf