

Heart Health for Women



Did You Know

According to CDC,

- Over 60 million women (44%) in the United States are living with some form of heart disease.
- Heart disease is the leading cause of death for women in the United States and can affect women at any age.
- In 2021, it was responsible for the deaths of 310,661 women—or about 1 in every 5 female deaths.
- High blood pressure is a major risk factor for heart disease.



Source: [cdc.gov](https://www.cdc.gov)

Why women have higher risk of heart disease

Women face unique risks for heart disease due to several factors

- **Reproductive health**
 - Pregnancy complications like high blood pressure, gestational diabetes, and anemia
 - Early menopause (before age 40)
 - Hormonal birth control
 - Polycystic ovary syndrome
- **Hormonal changes**
 - Estrogen levels drop after menopause, increasing the risk of heart disease
- **Physical differences**
 - Women have smaller blood vessels and heart chambers than men
 - Women have thinner ventricle walls
 - Women have fewer red blood cells, so they can't carry as much oxygen



What is Heart Disease?

- Also known as Cardiovascular Disease (CVD) refers to a group of conditions that affect the heart and blood vessels.
- Types:
 - Coronary Artery Disease (CAD), Heart Failure, Arrhythmias, etc.
- These conditions can:
 - Damage the heart's structure
 - Impair its function
 - Disrupt blood flow to the heart or other parts of the body



Risk Factors for Heart Disease

- **Modifiable Factors:**

- High blood pressure
- High cholesterol
- Smoking
- Diabetes
- Obesity
- Lack of physical activity
- Unhealthy diet
- Excessive alcohol consumption
- Chronic stress

- **Non-Modifiable Factors:**

- Age (Higher risk as you get older)
- Family history of heart disease
- Gender (Men have a higher risk; postmenopausal women's risk increases)



Heart Disease Prevention



HEALTHY DIET



AVOID ALCOHOL



LOSE WEIGHT



CHECK
BLOOD SUGAR



SLEEP WELL



STOP SMOKING



EXERCISE



CHECK
BLOOD PRESSURE

Importance of Regular Checkups

Regular checkups allow for early detection of potential issues like:

- High blood pressure
- High Cholesterol
- Abnormal heart rhythm

Such screening allows for early detection that enables timely intervention and prevention of serious complications heart attacks or strokes



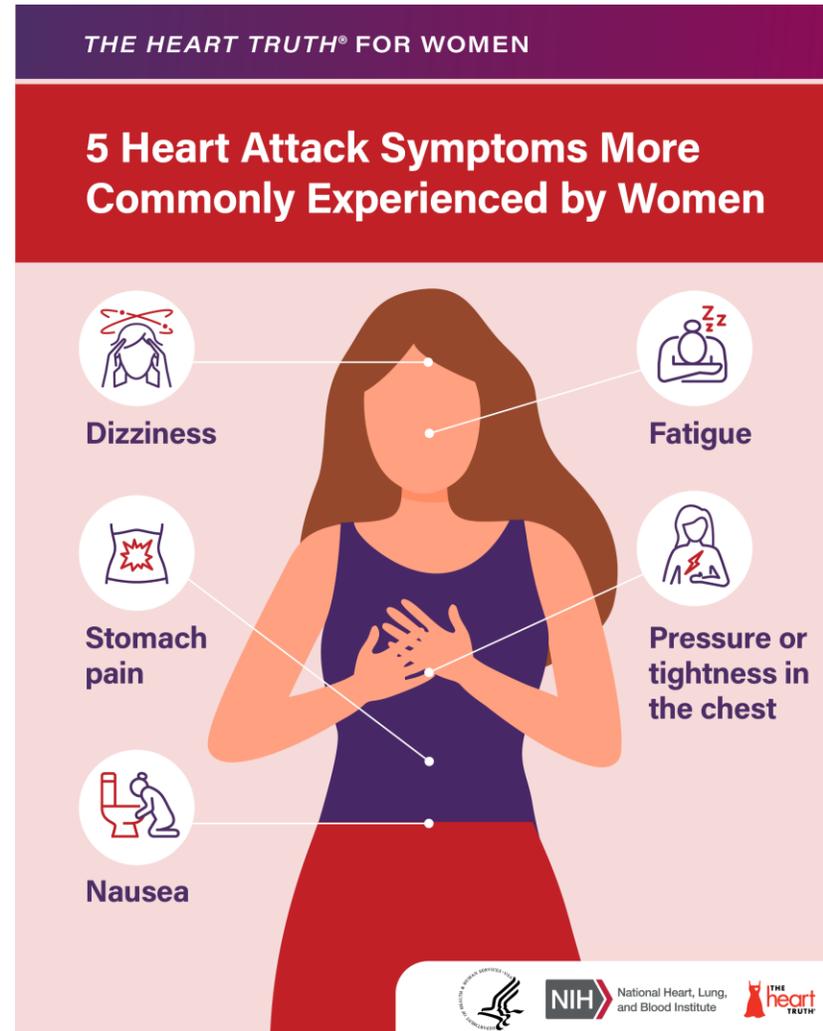
Call to Action

- **Know your numbers:** Blood pressure, cholesterol, sugars
- **Spread Awareness:** Educate family & friends
- **Take Action:** Make lifestyle changes today

Symptoms for Heart Disease

THE HEART TRUTH[®] FOR WOMEN

5 Heart Attack Symptoms More Commonly Experienced by Women



The infographic features a central illustration of a woman with long brown hair, wearing a purple tank top and a red skirt. Five circular icons are connected to her by thin white lines, each representing a symptom. The symptoms are: Dizziness (top left), Fatigue (top right), Stomach pain (middle left), Pressure or tightness in the chest (middle right), and Nausea (bottom left). The background is a light pinkish-red gradient.

- Dizziness
- Fatigue
- Stomach pain
- Pressure or tightness in the chest
- Nausea