Did you know...

- Heart disease, combined with stroke, is the number 1 cause of death in women in the US.
- 1 in 4 women die from cardiovascular disease.
- Coronary heart disease is the most common type of heart disease.
- Two-thirds of women who die suddenly of coronary heart disease have no previous symptoms.

American Medical Women’s Association
www.amwa-doc.org

WomenHeart
The National Coalition for Women with Heart Disease
www.womenheart.org

Centers for Disease Control and Prevention
www.cdc.gov

Women’s HeartHealth at Stanford
stanfordhospital.org/cardiovascularhealth/womenHeartHealth
**Risk Factors for Cardiovascular Disease in Women**

<table>
<thead>
<tr>
<th>Age:</th>
<th>≥ 55 yrs (or postmenopausal)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes:</td>
<td>Fasting glucose ≥ 126 mg/d</td>
</tr>
<tr>
<td>High LDL-cholesterol:</td>
<td>≥ 160 mg/dl (cut-off depends on the presence of other risk factors)</td>
</tr>
<tr>
<td>Low HDL-cholesterol:</td>
<td>&lt; 50 mg/dl</td>
</tr>
<tr>
<td>High Blood Pressure:</td>
<td>140/90 mm Hg</td>
</tr>
<tr>
<td>Obesity:</td>
<td>Body mass index ≥ 30</td>
</tr>
<tr>
<td>Family History of premature CHD:</td>
<td>First degree male relative (father, brother, son) &lt; 55 yrs</td>
</tr>
<tr>
<td></td>
<td>First degree female relative (mother, sister, daughter) &lt; 65 yrs</td>
</tr>
<tr>
<td>Other factors:</td>
<td>Sedentary lifestyle</td>
</tr>
<tr>
<td></td>
<td>Cigarette Smoking</td>
</tr>
</tbody>
</table>

**Cardiovascular disease:**

- a class of diseases that involves the heart, the blood vessels (arteries, capillaries and veins) or both

**Coronary Heart Disease:**

- CHD is also known as coronary artery disease
- Narrowing or blockage of the small blood vessels that supply oxygen and nutrients to the heart

**Symptoms that may occur in women:**

- Chest pain, pressure, tightness, squeezing or burning
- Shortness of breath
- Nausea or vomiting
- Arm or shoulder pain, usually left-sided but may be right-sided
- Abdominal pain
- Back pain or pain radiating to the back
- Neck pain
- Jaw pain
- Fatigue

**Living With Heart Disease**

**Reduce stress:**

- Walk or exercise for a minimum of 20 minutes each day
- Take several five-minute relaxation breaks during the day

**Take good care of your body:**

- Lower cholesterol by eating whole grains, olive oil, fish & shellfish, legumes, beans, fruits and vegetables
- Stop smoking

**Social Support:**

**Join Sister Match:** Connect with women living with heart disease

(www.womenheart.org)