



WOMEN AND HEART DISEASE FACTS

- Cardiovascular diseases claim nearly 500,000 women's lives a year – that's about 1,400 women a day. It is the No. 1 cause of death for women, and it is largely preventable.
- Cardiovascular diseases strike half of Indianapolis-area women at some point in their lives.
- Diseases of the heart have been the leading cause of death for about 100 years, and cardiovascular disease kills over 66,000 more women than men each year. And, many still don't know that heart disease takes the lives of more women than all types of cancer combined.
- Women need to take charge of their heart health so they can live stronger, longer lives.
- Heart attack, stroke and other cardiovascular diseases claim the lives of more than half a million women each year— about a death a minute. That's more lives than the next 7 causes of death *combined*, and nearly twice as many as all forms of cancer, including breast cancer.
- Of the women who die, one in 29 die of breast cancer. About one out of every 2.4 women die of heart disease, stroke and other cardiovascular diseases. Research shows the *perception* is that cancer is the leading health problem and cause of death today.
- Heart disease is the number 1 killer of all Americans – including women. Yet less than 10% of American women recognize heart disease as their leading cause of death!
- The *perception* is that heart disease is a man's disease, but the reality is more women die each year from heart disease than men.
- The *perception* is that heart disease only affects old people yet the reality is of the estimated 61 million Americans with CVD, 31 million are under the age of 65 – a little more than half.

Source: American Heart Association 2004