

# Some Heartfelt Advice For Women

(NAPSA)—If you think that cardiovascular disease is not a serious problem for women, then think again. Each minute, about one woman in the U.S. suffers from a new or repeat heart attack.

Additionally, within six years after a recognized heart attack, 35 percent of women may suffer a second event.

You may hear a lot about heart disease in women but don't think it applies to you. Knowing your own risk factors for heart disease is crucial.

Just look at a few facts about women in the U.S.:

- More than half of those who have total blood cholesterol above healthy levels are women.
- More than half of those with high blood pressure are women.
- One in five women age 18 or older smokes.
- Nearly one in every three women is obese.
- Nine million women have diabetes. This is a leading cause of heart disease.

High cholesterol, high blood pressure and diabetes are all serious risk factors for heart disease. Lack of activity and obesity are also factors. As you can see, these are all common in women. Your



risk also increases if you are over age 55.

Also, women do not show the same warning signs of heart attack as men. Women may feel nauseous. They may even feel tired and dizzy or have a hard time breathing. Even if you do not have “symptoms” of a heart attack, it is a good idea to talk to your doctor.

There may be a hidden problem that you may not think of, such as a family history. Just like physical features, heart problems often run in families and that, too, can increase your risk. If you are at risk for heart disease, there is good news. You can work with your doctor to lower your chances of having a heart attack.

Improving your diet and get-

ting more exercise are good starting points to lower your risk of heart disease. But for two out of three people, lifestyle changes alone may not be enough. Sometimes, you may need to add medicines. For example, your doctor may prescribe a drug that lowers cholesterol called a statin, such as Lipitor® (atorvastatin calcium). Lipitor also lowers your risk of having a heart attack if you have multiple risk factors for heart disease.

If you think you might be at risk, then don't wait. Take steps now to help protect your heart and reduce your chance of developing heart disease. It is important to care for your heart health the way you care for your loved ones. Start today and make an appointment to talk to your doctor about your heart health. Improve your diet. Exercise more often. If lifestyle changes alone are not enough, adding a drug that lowers cholesterol, like Lipitor, may help. If you are prescribed a medicine, it's important to take it as your doctor prescribes.

Taking action now is the best gift you can give yourself and your family. For additional information, please visit [www.lipitor.com](http://www.lipitor.com).

*Lipitor® is a prescription drug. It is used to reduce the risk of heart attack in patients with multiple risk factors including: high blood pressure, age 55 or older, smoking, family history or low levels of good cholesterol, and, with a low-fat diet, to lower cholesterol.*

*Lipitor is not for everyone. It is not for those with liver problems. And it is not for women who are nursing, pregnant, or may get pregnant. If you take Lipitor, tell your doctor if you feel any new muscle pain or weakness. This could be a sign of serious muscle side effects. Tell your doctor about all the medicines you take. This may help avoid serious drug interactions. Your doctor should do blood tests to check your liver function before and during treatment and may adjust your dose. The most common side effects are gas, constipation, stomach pain and heartburn. They tend to be mild and often go away.*