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# health hints

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## Heart Disease And Women

(NAPS)—Progress is being made in diagnosing and treating heart disease in women. Often thought of as a man's disease, heart disease is the number one killer of women in the United States. Cardiovascular disease (CVD), which includes heart attack and stroke, claims the lives of 500,000 females every year.

Research has found women's health requires a different approach to determining, treating and preventing heart disease—including the way women think about heart disease.

"The major issue is that women do not usually think of themselves as vulnerable to heart disease," said Harlan M. Krumholz, M.D. "Women need to recognize that risk factors for heart disease are just as important for them as for men and that they shouldn't ignore the symptoms."

Women under age 50 who suffer heart attacks are twice as likely to die from them as men do in the same age group. Until recently, women's treatment and diagnosis of CVD was based on information about men, resulting in prolonged diagnosis, limited treatment options and lower recovery rates.

LaurusHealth.com, a consumer health information Web site, is committed to providing women with the information they need to identify and prevent heart disease. Lifestyle changes, smoking cessation and diet and exercise

### Signs of Heart Attack

- Pressure in the Chest
- Spreading Pain to Shoulders, Neck, Arms
- Lightheadedness, Sweating or Nausea



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have all been attributed to reducing the heart disease rate among women.

Race and geography also play a role in women's heart health. African-American women are at higher risk than all other racial groups of dying from CVD. And women who live in Mississippi, New York and West Virginia are most likely to die of heart disease. Lifestyle and foods associated with these regions may be the cause.

More information on heart health topics, heart medication and medical tests can be found on [www.LaurusHealth.com](http://www.LaurusHealth.com). The Web site was created in association with leading hospitals and physicians to help consumers make more informed choices about their health.

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*Note to Editor: February is Heart Month, although this article is evergreen and can be used throughout the year.*