

Women and Heart Disease

Heart disease is the leading cause of death in women of all ages, races, and shapes and sizes in the United States. Women sometimes experience heart disease differently than men.

Symptoms of Heart Attacks in Women

Women are somewhat less likely than men to experience chest pain. Instead, they are more likely to experience:

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

Women are also more likely than men to have no symptoms of coronary heart disease. Since women and their doctors may not recognize coronary heart disease symptoms that are different from men, women may not be diagnosed and treated as quickly as men. It is important to seek care right away if you have symptoms of coronary heart disease.

Learn more at: <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-truth/listen-to-your-heart>

HEART DISEASE BY THE NUMBERS

1 in 3

The number of adults who suffer from high blood pressure.

33 %

The percentage of women who do **not** engage in sports or physical activities.

655,000

The number of Americans who die annually from heart disease.

17.9 million

The number of people who died from heart diseases around the world in 2016.

80%

The percentage of heart diseases that are preventable with regular physical activity, avoiding tobacco, and maintaining a healthy diet.

43 million

The number of women who currently have some type of heart disease.

50 %

The percentage of women who die within 5 years of having a heart attack.



Eating for Heart Health



In honor of February's Heart Health Month, join Diane Whitten for this session series. The programs will cover topics including fats and cholesterol, sodium and the DASH diet, the Mediterranean diet and other healthy eating plans.

Tuesdays via Zoom
12:00—12:30PM
February 1
February 8
February 15

FREE

To Register Email:
dwhitten@cornell.edu



Source: <https://nationaltoday.com/national-wear-red-day/>; 7/25/22.