

Women and Heart Disease

More common than you may think

- 42.7 million women are currently living with some form of cardiovascular disease (CVD).¹
- 7.5 million women are currently living with coronary heart disease (CHD).¹
- More than 3 million women have a history of heart attack.¹
- 7.5 million women will suffer angina.¹

Affects more women than men

- More women than men die of cardiovascular disease each year.¹
- 23% of women and 18% of men will die within one year of a first recognized heart attack; 22-32% of women and 15-27% of men heart attack survivors will die within five years.²
- 12-25% of women and 7-22% of men heart attack survivors will be diagnosed with heart failure within five years.³
- Women are less likely than men to receive appropriate treatment after a heart attack.²

More fatal than any other disease

- Heart disease is the leading cause of death of American women, killing more than a third.²
- CVD caused 1 death per minute among women in 2007. That represents more female lives than were claimed by cancer, Alzheimer disease, and accidents combined.¹
- 421,918 deaths in American women are caused by CVD each year.¹
- 61,256 women die each year from heart attacks.¹

Who is at-risk?

- Cigarette smokers are 2 to 4 times more likely to develop heart disease than non-smokers.³
- 46% of adult women have total cholesterol of at least 200mg/dL.¹
- Only 32.7% of women get regular leisure-time physical activity.¹
- 59% of Caucasian women, almost 78% of African-American women, and 75% Hispanic-American women are overweight or obese.¹
- Women with diabetes have a 2.5 increased risk of developing CVD and a 2.2 increased of dying from CVD.¹

¹Roger V L, Go A S, Lloyd-Jones D, Adams R J, et al. Heart Disease and Stroke Statistics 2011 Update: A Report from the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. *Circulation*. 2011; 121:e1-e192.

²Lloyd-Jones D, Adams R, Brown T, et al. Heart Disease and Stroke Statistics 2010 Update: A Report from the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. *Circulation*. 2010;121:e1-e170.

³US Department of Health and Human Services. Fact sheet: health effects of cigarette smoking. Atlanta, Ga: US Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; updated December 2009.12(5):449-457.