



FOR IMMEDIATE RELEASE: Dec. 3, 2018
Contact: Racine Tucker-Hamilton
202.464.8737; rtuckerhamilton@womenheart.org

WomenHeart Hosts Expert Panel on Heart Disease in Native American Women

Washington, D.C.—WomenHeart: The National Coalition for Women with Heart Disease is partnering with the National Heart, Lung, and Blood Institute (NHLBI) to host a convening on Native American women’s heart health.

The Dec. 5 event aims to increase awareness about heart disease in Native American women. Heart disease is the leading cause of death for women. With 1 in 4 women dying every year from heart disease, it is crucial to raise awareness and understand the differences between men and women when it comes to heart disease.

“WomenHeart is committed to reaching women of color and educating them about their greatest health threat. This meeting will allow us to address this public health challenge in the Native American community,” said Evan C. McCabe, RN, MN WomenHeart Board Chair.

The discussion will focus on ways to implement effective prevention efforts and culturally appropriate support services for Native American women living with or at risk of heart disease.

Heart disease is the number one killer of Native American women. They die from heart disease at younger ages than other racial and ethnic groups in the United States. *WomenHeart Champion* Brandie Taylor understands this all too well. She is a member of the Iipay Nation of Santa Ysabel tribe in Calif. and was diagnosed with heart disease at 31 years old while pregnant with her first child. She wants to make sure that other Native American women get educated.

“I was experiencing shortness of breath, difficulty sleeping, and swelling and water retention. I now know these were early signs of heart failure,” said Taylor. “In my eighth month, I was admitted to the hospital and had to have an emergency C-section to save my life and protect my son.”

Taylor urges doctors and women to know the risks and symptoms of heart disease in women and take those warning signs seriously. Risk factors for heart disease include poor diet, high blood pressure, high cholesterol, physical inactivity, complications during pregnancy, and family history.

###

About WomenHeart: The National Coalition for Women with Heart Disease: *WomenHeart: The National Coalition for Women with Heart Disease is the nation's only patient centered organization serving the nearly 48 million American women living with or at risk for heart disease—the leading cause of death in women. Visit us online at womenheart.org.*

About the National Heart, Lung and Blood Institute (NHLBI): *NHLBI provides global leadership for a research, training, and education program to promote the prevention and treatment of heart, lung, and blood diseases and enhance the health of all individuals so that they can live longer and more fulfilling lives.*