

# HEART OF A WOMAN

Heart disease is the **NUMBER ONE** killer of women.

**1 IN 3** deaths each year among women is due to heart disease.



 **SINCE 1984,** the number of cardiovascular disease deaths for women has exceeded those for men.

**90%** of women have one or more risk factors for developing heart disease.



**EVERY MINUTE**

One woman dies of heart disease in the US.



**IT'S NOT A MAN THING**

Women account for just over half of the total heart disease deaths in the US each year, although many women continue to think of heart disease as a man's disease.

After **AGE 64,** a much higher percentage of women have high blood pressure than men.



Hispanic women are likely to develop heart disease **10 YEARS EARLIER** than Caucasian women.



## Key heart disease risk factors for women

- High blood pressure
- High LDL cholesterol
- Smoking
- Diabetes
- Excessive alcohol use
- Physical inactivity
- Poor diet
- Obesity

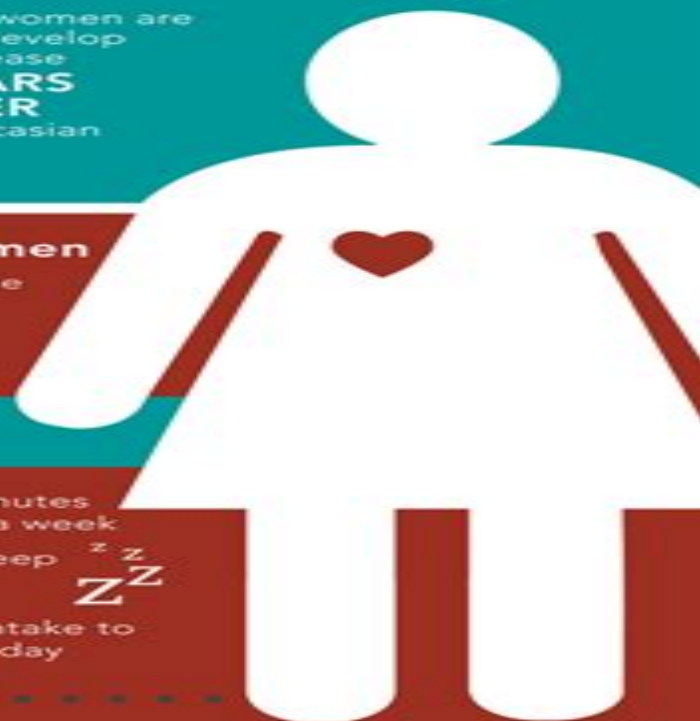
## What's a woman to do?



- Control your blood pressure, cholesterol, diabetes and weight
- Eat a heart-healthy healthy diet (choose produce and whole grains; limit fats and sodium)
- Quit smoking
- Exercise 30 minutes a day, 3 times a week
- Get enough sleep <sup>z z</sup> z z
- Limit stress
- Limit alcohol intake to 1 to 2 drinks a day



Carolina's HealthCare System  
Sanger Heart & Vascular Institute



# Heart Health For Women

**Felicity Smart, Diana Holdright**



## **Heart Health For Women:**

**American Heart Association Complete Guide to Women's Heart Health** American Heart Association, 2009 Draws on American Heart Association guidelines to explain how women can minimize their chances for developing heart disease by controlling risk factors eating nutritiously and exercising Women's Heart Health Youmasu J. Siewe, 2004 *Heart Health for All Women* Jennifer H. Mieres, Stacey E. Rosen, 2017-10-12 Heart Smart for Women Six S T E P S in Six Weeks to Heart Healthy Living equips women of all ages with a comprehensive program for heart healthy living This book is a call to action for women everywhere and the message is a positive one Heart disease is preventable Leading cardiologists Drs Jennifer Mieres and Stacey Rosen simplify complex medical content with clear illustrations real patient stories and a practical step by step approach to living your most heart healthy life Good health is not a given It is something we must work for by taking control of our lives and putting ourselves first More than 90 percent of all women have one or more risk factors of heart disease and more than 44 million women living in the United States about a third of the female population suffer from some form of it However every one has the opportunity to live well and conquer it Heart Smart for Women offers a complete roadmap for women of all ages on their journey to heart healthy living It details the workings of the healthy heart and the diseased heart and provides the necessary vocabulary for ensuring that women are equipped to have meaningful communication with their physicians The book includes an assessment of personal risk factors a clear step by step program to begin or advance an exercise routine ways to ensure that your kitchen and pantry are stocked with heart healthy foods tips for dining at home and in restaurants and suggestions for how to form and maintain a true partnership with your doctor Dr Jennifer Mieres is a Professor of Cardiology and the Associate Dean of Faculty Affairs at the Hofstra Northwell School of Medicine and Senior Vice President of the Center for Equity of Care of Northwell Health She is a leading expert in the field of cardiovascular disease in women and was an executive producer of the Emmy nominated documentary A Woman's Heart Dr Stacey Rosen is a Professor of Cardiology and the Partners Council Professor of Women's Health at the Hofstra Northwell School of Medicine and Vice President Women's Health of Northwell Health's Katz Institute for Women's Health Drs Mieres and Rosen each have over 25 years of medical experience in the field of cardiology with a passion for educating and empowering women to be active participants and effective advocates for their health **The Women's Healthy Heart Program** Nieca Goldberg, 2006-01-31 WINNER OF THE BOOKS FOR A BETTER LIFE AWARD One out of every two women will die of heart disease It is the single greatest health risk for women today more than stroke and all cancers combined In the course of her practice and as chief of Women's Cardiac Care at New York's Lenox Hill Hospital Dr Nieca Goldberg has come to a startling realization Women experience heart disease in a fundamentally different way than men do The physiology of a woman's heart attack is not the same as a man's the symptoms of heart disease and signs of impending heart attack differ for women and once heart disease has been recognized women often do not get the treatment and medications they

require Now here are detailed age specific programs that give women the facts and the guidance they need to recognize treat and prevent heart disease including how you can rate your risk of heart disease the effects of menopause on your heart risk factors you can change starting today a heart healthy exercise plan that works for you a complete guide to heart healthy supplements the truth about hormone replacement therapy and the heart recovering from a heart attack or surgery Authoritative caring and up to the minute this is the women s health book for the new millennium *The Healthy Heart Handbook for Women* Marian Sandmaier, United States. Department of Health and Human Services, National Institutes of Health, 2012-07-20 Research on women s heart health is exploding Nearly every week it seems the media report on new ways to prevent and treat heart disease in women and it can be hard to keep track of it all In this updated edition of *The Healthy Heart Handbook for Women* we have put together all of this new knowledge in one easy to use handbook This guide is part of The Heart Truth a national public awareness campaign for women about heart disease sponsored by the National Heart Lung and Blood Institute NHLBI and many other groups See Getting the Word Out on page 10 *The Healthy Heart Handbook for Women* will give you new information on women s heart disease and practical suggestions for reducing your own personal risk of heart related problems You ll find out about a little known form of heart disease in women and how to get it diagnosed properly The handbook will also help you make sense of widely publicized research on the impact of a lower fat diet on women s heart disease risk There is much good news in these pages including new findings that people who avoid heart disease risk factors tend to live healthier and longer lives The handbook will give you the latest information on preventing and controlling those risks You ll also find new tips on following a nutritious eating plan tailoring your physical activity program to your particular goals and getting your whole family involved in heart healthy living The handbook will also advise you on the warning signs of heart attack as well as how to act quickly to get help Heart Teams for Treatment of Cardiovascular Disease Thierry Mesana, 2019-07-11 This book provides a comprehensive framework for developing heart teams to manage a variety of cardiovascular diseases Management of cardiovascular diseases has changed dramatically in recent years due to developments in evidence based practices and treatments as well as the introduction of new devices The sequential method of referring patients from doctor to doctor is becoming an antiquated model The future of cardiac care lies in developing multidisciplinary Heart Teams to provide patient focused treatment for complex cardiovascular problems This volume examines the history and evolution of cardiovascular care and technology and explains why the implementation of heart teams is absolutely necessary to the future of cardiac care It analyzes the role of heart teams for heart failure complex coronary revascularization mitral valve disease cardiac imaging aortic valve disease cardiac arrhythmias and women s heart health Finally the book explores how heart teams work with hospital administration and the broader healthcare industry *Heart Teams for Treatment of Cardiovascular Disease A Guide for Advancing Patient Centered Cardiac Care* is an essential resource for physicians and related professionals residents fellows and graduate students in cardiology cardiac surgery

critical care medicine and radiology      **A Woman's Heart** Angela Maas,2020-09-24 DID YOU KNOW women are 50% more likely to be misdiagnosed following a heart attack more than twice as many women die from coronary heart disease than from breast cancer in the UK two thirds of clinical research into heart disease focuses on men Coronary heart disease remains the single biggest killer of women worldwide yet it is still not seen as a woman s problem Every day the female heart patient is measured by male standards which leads to confusion unclear diagnosis and often the wrong treatment In fact women are incomparable to men down to each body cell which has consequences for both health and disease When it comes to medical science cardiology is the most prominent example in which gender matters In A Woman s Heart Professor Maas explores how the female heart works and provides practical advice for women including The biology of the female heart how it works and ages differently to a male s The effects of female specific issues such as menopause Heart attacks in women Lifestyle tips to prevent heart disease This vital book is the result of decades of international research It exposes the gender bias in cardiology and paves the way for better heart health for women everywhere      *The Healthy Heart Handbook for Women* Marian Sandmaier,1993-05 Tells women how to prevent coronary heart disease Covers major risk factors such as smoking high blood pressure overweight gives strategies for eating for health lowering blood cholesterol controlling blood pressure etc Also discusses hormones menopause the new focus on women in research Includes recipes resources

**Healthy Heart Handbook for Women** Marian Sandmaier,National Heart,2005-02 Provides new information directly from the National Institute of Health s cardiovascular research institute on women s heart disease and practical suggestions for reducing personal risk of heart related problem s It includes updated information on preventing and controlling high blood pressure keeping blood cholesterol levels healthy and postmenopausal hormone therapy There are also new tips on maintaining a healthy weight following a nutritious and tasty eating plan and finding enjoyable ways to get more physical activity The handbook also includes information about the warning signs of heart attack in women as well as how to act quickly to get help 106 pages      **Why Most Women Die - How Women Can Fight Their #1 Killer** Shyla T. High,2013-02 More women are now dying of cardiovascular disease than men And with the baby boomer generation getting older we re at the forefront of a real crisis in women s health More women are now dying of cardiovascular disease than are dying of all forms of cancer combined Written with the depth of a seasoned expert in her field WHY MOST WOMEN DIE has the layman in mind A person with zero knowledge of the cardiovascular system could read and quickly obtain practical preventive health information life saving information WHY MOST WOMEN DIE is full of preventive advice for women who have heart disease maybe even recovering from a heart attack women who are at risk of heart disease or for women who are healthy and just want to stay that way The book addresses questions about diet exercise medications risk factors symptoms other heart problems besides heart disease even questions about sex and alcohol as they relate to heart health Awareness first only 13% of women recognize heart disease as their most serious threat The second aim of the book is prevention Heart disease is a

danger but it is a danger that can be overcome

**Natural Heart Health for Women** Linda Ojeda, 2000 A Woman's Guide to Preventing and Reversing Heart Disease Naturally Although the majority of women worry about the threat of breast cancer heart disease kills more women than all types of cancer combined This is the first major book to focus on heart disease and women With a sympathetic yet informative style Linda Ojeda looks at how to create your own personal heart health action plan with a risk profile questionnaire and specific dietary guidelines the causes and symptoms of heart disease and women including the effects of hormones pregnancy and the menopause how women can best combine good eating habits exercise and stress reduction the importance of supplements from homocysteine lowering B vitamins and antioxidants to food sources like soy green tea and fibre the effects of HRT and oral contraceptive

**Heart Health for Women** Felicity Smart, Diana Holdright, 1995 The first book that clearly explains the causes prevention symptoms and treatment of heart disease especially for women

*Heart Health for Women* Diana Thorgill, 2013-01-09 My chest felt like it was on fire explained one woman who had a heart attack It was so painful I couldn't breathe It felt like an elephant was sitting on my chest another woman described her heart attack Long before a heart attack ever strikes however many women with heart disease experience pain known as angina pectoris or just angina Angina is a warning signal that one or more of the major coronary arteries is temporarily narrowed or blocked and not letting enough oxygen reach the heart muscles But take note angina is not a heart attack and it does not cause any permanent damage to the heart It simply lets the woman know that something is wrong and that she needs to make some changes in her life Most women do not realize the effects of their lifestyle on their heart and arteries Unfortunately some women have their first heart attack without ever having had angina as a warning that something was wrong Angina may occur at any time of the day or night but it is more frequently felt after physical exertion such as walking up stairs or hurrying for a bus or after emotional stress such as having an argument or being caught in heavy traffic Angina may also occur after a large meal Some heart patients have frequent severe angina attacks and have to decrease their daily activities Most however are able to control their angina with medicines and with so the lifestyle changes such as having a regular exercise program and keeping a healthy and well balanced diet In this book Diana Thorgill explains everything about the symptoms diagnosis medication and prevention of a heart attack and high blood pressure She offers the kind of information that might very well save her life Diana Thorgill M D is a prolific author of books about health and a healthy lifestyle Get her book about heart health for women now

**Dr. Suzanne Steinbaum's Heart Book** Suzanne Steinbaum, 2014-01-28 In the tradition of Christiane Northrup a renowned cardiologist integrates emotional and physical well being in a revolutionary new approach to women's heart health As a cardiologist with a specialization in women's heart disease Dr Steinbaum has helped thousands of patients resolve their heart issues and aims to do the same for readers in her inspirational book that will change the way we think about heart health She guides readers through the risk factors of heart disease from the traditional physical benchmarks like weight cholesterol and blood pressure to lifestyle

habits emotional awareness and even the way she sees herself in the mirror and in the world In Dr Suzanne Steinbaum s Heart Book readers are shown clear easy steps on how to maximize heart health This is a life book that will teach women how to regain control over all aspects of their busy lives including how to finally achieve A heart healthy diet Heart supportive exercise Heart enhancing stress management Heart filling relationships A sound night s sleep A more satisfying sex life A calm focused mind A deep level of self care And much much more Dr Suzanne Steinbaum s Heart Book strives to bring forth a new approach to heart centered healing so that readers everywhere may experience a fulfilling life of health and happiness HeartMemo ,2001 **Women and Heart Disease** Desmond Julian,Nanette Wenger,2005-11-10 Despite being one of the world s biggest killers of women heart disease is under diagnosed under treated and under managed Why What is going wrong Important and ground breaking Women and Heart Disease brings our attention to the inadequacies in both the diagnosis and treatment of heart disease in women Key features written by Nanette Wenger and Peter Collins two of the worlds leading cardiologists contributions from leaders in women s cardiac health covers all aspects of cardiovascular disease not just coronary artery disease fully updated Building on the success of the best selling first edition this is essential reading for all physicians with a particular interest in women and heart disease **Women's Lives** Claire A. Ettaugh,Judith S. Bridges,2015-07-14 Women s Lives A Psychological Exploration 3rd Edition draws on a wealth of the literature to present a rich range of experiences and issues of relevance to girls and women This text offers the unique combination of a chronological approach to gender that is embedded within topical chapters Cutting edge and comprehensive each chapter integrates current material on women differing in age ethnicity social class nationality sexual orientation and ableness The third edition reflects substantial changes in the field while maintaining its empirical focus through engaging writing student activities and critical thinking exercises With over 2 100 new references emphasizing the latest research and theories the authors continue to pique interests in psychology of women **Atlanta Magazine** ,2003-02 Atlanta magazine s editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region Atlanta magazine s editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region Guidelines for Nurse Practitioners in Gynecologic Settings Joellen W. Hawkins,Diane M. Roberto-Nichols,J. Lynn Stanley-Haney,2015-10-28 A one stop comprehensive guide to women s health updated with new evidence based guidelines and timely topics The 11th edition of this classic guide for management

of common gynecological conditions by advanced practice nurses is updated with cutting edge topics new evidence based guidelines and current patient teaching materials to enhance excellence in clinical practice It features a completely updated chapter on the well woman annual exam including issues about the care of older women and extensive revisions throughout the new edition regarding contraceptive methods CAMs medical abortion HIV AIDs HPV screening and vaccine recommendations and much more Appendices containing abundant clinical resources and valuable patient teaching information and comprehensive bibliographies are also extensively revised and rewritten Concise and well organized this authoritative resource features an outline format that provides speedy access to critical information across women s age span Guidelines reflect best practice standards of care that are culled from literature on evidence based practice and help to ensure improved patient outcomes Expert contributors include prominent specialists from all arenas of gynecological health Complete guidelines are presented in a template that includes definition etiology history physical exam lab exam differential diagnosis treatment complications consultation referral and follow up The guide addresses common gynecologic concerns including infections and sexually transmitted diseases navigating life transitions and menopause and incontinence It encompasses issues of weight management osteoporosis smoking cessation stress management changes in sexuality and health risks New to the 11th Edition Enhanced mental health chapter detailing the discontinuation of SSRI SNRIs A bibliography for each guideline including additional websites Revisions to guidelines for STDs vaginitis and vaginosis Guidelines for management of cytological abnormalities and cervical intraepithelial neoplasia New information on hormone therapy menopause and osteoporosis Updated information on contraception based on patients individual profiles and clinical data Revised information on natural family planning from an expert NFP educator New data on long term effects of HRT New data on HPV HIV treatment and survival Expanded section on screening for updating of laboratory tests Additional data based evidence on over the counter remedies and non prescription supplements New data on screenings for breast cancer New Pap smear guidelines across the lifespan Physical assessment of pelvic floor integrity and dysfunction Helpful techniques for difficult examinations Updated information on vulvar dermatology Information on lesbian bisexual and transgender health concerns Key Features Reflects best practice standards of care empirically demonstrated to improve patient outcomes Updated to include cutting edge topics and new evidence based guidelines Presents guidelines in concise consistent outline format to ensure quick and easy access to clinical information Written by a highly respected and experienced team of authors Provides valuable patient teaching information

*Sex differences in Cardiac Diseases* Niti R. Aggarwal, Malissa J. Wood, 2021-01-29 Significant biological differences exist between men and women that contribute to sex specific differences in cardiovascular disease CVD risk factors pathophysiology presentation response to therapy and prognosis It is essential for clinicians to be cognizant of these sex specific differences in order to reduce the disparity in diagnosis and management of cardiovascular diseases in both genders *Sex Differences in Cardiac Disease* provides a timely



review of the contemporary data on these sex specific differences in pathophysiology clinical presentation diagnostic evaluation and management of cardiovascular diseases that fills a void for clinicians in practice and training With contributions from renowned experts in the field and guideline writers the text provides a state of the art review of each topic encompassing the full spectrum of CVD in men and women Sex specific guideline based recommendations are highlighted when available Tailored to meet the needs of the busy clinicians and researchers this text provides concise practical data to care for men and women at risk for or with CVD The book serves as an essential resource for researchers cardiologists obstetricians gynecologists internists family practitioners nurse practitioners and physician assistants and respective trainees who treat men and women with CVD Provides a comprehensive state of the art text written by internationally renowned experts in the field of CVD disease serving as an indispensable resource for clinicians and researchers Enables the reader to understand the sexual dimorphism in the pathophysiology diagnosis management and outcomes of the full spectrum of cardiovascular issues including ischemic heart disease valvular disorders arrhythmias and heart failure Provides a concise evidence based practical review of medical topics with key points and eye catching visual infographics to meet the needs of the busy clinicians policy makers and researchers

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