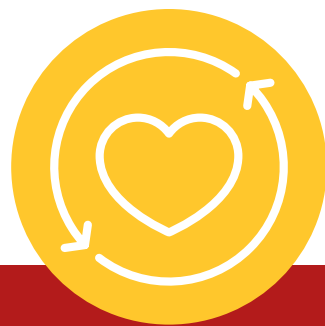


# Heart Health is Women's Health



The Centers for Disease Control and Prevention (CDC) cites heart disease as the number one cause of death for women in the United States, accounting for 1 in 5 female deaths.

**Still, many people don't realize heart disease affects women differently than men.**

## Know Your Risk

About 60 million women in the United States live with some form of heart disease, according to the CDC. Some risk factors increase women's risk of heart disease more than men's, including diabetes, mental health issues and smoking.

**Other risk factors that are specific to women include:**

- Endometriosis
- First period before age 11
- High blood pressure during pregnancy
- Hormonal birth control
- Menopause before age 40
- Polycystic ovary syndrome (PCOS)



## Recognize the Signs

Signs of heart disease can differ between women and men.

**Women are more likely to experience:**

- Chest pressure or tightness
- Extreme tiredness
- Nausea or vomiting
- Neck and throat pain
- Shortness of breath
- Sleep issues

## Prevent Heart Disease

You can prevent heart disease:

- **Exercise regularly.** Get at least 150 minutes of exercise weekly.
- **Lower stress.** Find healthy ways to manage stress, such as a creative hobby or deep breathing.
- **Manage chronic health conditions.** Keeping your blood pressure, cholesterol and blood sugar in check can improve heart health.



Learn how Weill Cornell Medicine can help you improve your heart health by talking with a provider:  
[weillcornell.org/doctors](http://weillcornell.org/doctors)