

Women and Heart Disease

More common than you may think

- More than 41 million American women are currently living with some form of cardiovascular disease.¹ Over eight million women have a history of heart attack and/or angina.¹
- Five and a half million women suffer from angina.¹

More fatal than any other disease

- Heart disease is the leading cause of death of American women and kills more than a quarter of them.²
- 34.9% of deaths in American women over the age of 20, or more than 450,000, are caused by cardiovascular disease each year.^{1,2}
- Over 200,000 women die each year from heart attacks, which kill five times as many women as breast cancer.^{1,2}
- Over 166,000 women die each year of congestive heart failure, or 56.8% of all heart failure deaths.¹

Who is at-risk?

- Women with diabetes are 1.8 to 3.3 times more likely to have heart attacks.¹
- 50% of white women, 64% of black women, 60% of Hispanic women, and 53% Asian/Pacific Islander women are sedentary and get no leisure time physical activity.¹
- 58% of white women, 78% of black women, and 73% Hispanic-American women are overweight or obese.¹

Affects more women than men

- More women than men die of heart disease each year.^{1,2}
- 23% of women and 18% of men will die within one year of a first recognized heart attack; 22-32% of women and 16-24% of men heart attack survivors will have another heart attack within five years.¹
- 12-25% of women and 7-22% of men heart attack survivors will be diagnosed with heart failure within five years.¹
- Women are less likely than men to receive appropriate treatment after a heart attack.¹
- Women comprise only 27% of participants in all heart-related research studies.³

¹Lloyd-Jones D, Adams R, Carnethon M, et al. Heart Disease and Stroke Statistics 2009 Update: A Report From the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. *Circulation*. 2009;119:e21-e181.

²National Center for Health Statistics. Deaths: Leading Causes for 2004. *National Vital Statistics Reports*. 2007;56(5):1-96.

³Johnson SM, Karvonen CA, Phelps CL, Set al. Assessment of Analysis by Gender in the Cochrane Reviews as Related to Treatment of Cardiovascular Disease. *J Womens Health*. June 1, 2003, 12(5): 449-457.