

The Heart Truth about Heart Disease

Often times, people think that heart disease is a man's disease. That is not so. The Heart Truth® is that 1 in 4 American Women dies of heart disease.

More than 75 percent of women aged 40 to 60 have one or more risk factors for heart disease. Some risk factors, such as age and family history, are beyond one's control. However, other risk factors such as smoking, high blood pressure, high blood cholesterol, being overweight and lack of physical activity can be controlled.



Having one risk factor doubles the risk of heart disease. Having two risk factors increases the risk four times, and having three or more risk factors increases the risk of heart disease more than times.