



## Women's Health Quiz

# Heart Disease: About Women, About You

### Did You Know?

- ▶ **More women** than men die of heart disease.
- ▶ Only 54% of women are aware that **heart disease is their leading cause of death**.
- ▶ When having a heart attack, **women wait longer** than men to seek medical care.

Despite the common misconception that only men need to worry about their heart, **cardiovascular disease is the #1 killer of women in the United States.**

*Take this quiz and find out how much you know about women and heart disease, learn what you should be discussing with your health care provider, and take action **NOW** to prevent heart disease.*

### True or False?

- |   |   |
|---|---|
| 1) I'm too young to be thinking about heart disease.                        | <input type="radio"/> T <input type="radio"/> F |
| 2) I only need to be concerned if I have more than one risk factor.         | <input type="radio"/> T <input type="radio"/> F |
| 3) Heart disease is really a man's disease.                                 | <input type="radio"/> T <input type="radio"/> F |
| 4) Fatigue, shortness of breath, and nausea can be signs of a heart attack. | <input type="radio"/> T <input type="radio"/> F |
| 5) All valvular heart disease is caused by birth defects.                   | <input type="radio"/> T <input type="radio"/> F |

**How did you do?** Turn the card over for the answers ➡

**No matter what your age or sex, care for your heart NOW—later could be too late.**

- 1) **FALSE** – It's never too early to start thinking about heart disease.

Heart disease develops over time and can start as early as your teens. While you may not currently be at high risk, how you treat your body now will significantly impact your risk down the road.

**Tip:** Talk to your health care provider about your lifestyle and risk factors and start fighting heart disease now.

- 2) **FALSE** – Even just one risk factor puts you at risk for heart disease.

84% of women admit having 1 or more risk factors, yet only 31% feel they are personally at risk. Risk factors include high blood pressure, high cholesterol, diabetes, smoking, overweight or obesity, physical inactivity, age, and family history.

**Tip:** Women can lower their risk by as much as 82% by leading a healthy lifestyle.

- 3) **FALSE** – More women die of cardiovascular disease than men.

1 in 2 American women die of heart disease or stroke, almost twice as many as from all types of cancer combined. 38% of women and 25% of men die within 1 year of a heart attack.

**Tip:** Start a conversation with your health care provider about your heart health.

- 4) **TRUE** – Women are more likely than men to have "atypical" heart attack symptoms.

Women may experience "classic" symptoms of crushing chest pain and upper arm pain; however, they may also, or instead, have "atypical" symptoms such as nausea, fatigue, dizziness, indigestion, trouble sleeping, sweating, shortness of breath, discomfort in the upper abdomen or mid-back, or vomiting.

**Tip:** Know the signs of cardiovascular disease and prepare to act in a heart emergency.

- 5) **FALSE** – Age is a common risk factor for valvular heart disease.

While some people are born with defects to one of the heart's four valves, valvular heart disease can develop from illnesses, infections, and with age. Valvular defects can be corrected with medication, repair, and replacement.

**Tip:** If you know, or think you might have a valvular condition talk to your doctor about your options.

### **Resources for More Information on Heart Health in Women**

- ▶ The National Coalition for Women with Heart Disease  
[www.womenheart.org](http://www.womenheart.org)
- ▶ National Heart, Lung, and Blood Institute  
[www.nhlbi.nih.gov/health/hearttruth](http://www.nhlbi.nih.gov/health/hearttruth)
- ▶ Womenshealth.gov  
[www.4woman.gov/heart](http://www.4woman.gov/heart)

These materials are made possible through an educational grant from

