

*The Heart Truth ---
Dispelling Life Threatening Myths*

MYTH: Women perceive breast cancer to be the leading cause of death in women.

FACT:

- ♥ Heart disease is the leading cause of death in American women over the age of 40
- ♥ 1 in 4 women will die of some form of cardiovascular disease
- ♥ 1 in 29 women will die from breast cancer

MYTH: Women and men will experience the same signs and symptoms of a heart attack

FACT:

- ♥ Women are more likely to have a 'silent' heart attack, one **without** clear signs and symptoms
- ♥ Women are more likely to present with 'angina' like symptoms as their first symptom, while men are more likely to present with a heart attack as their first indication

MYTH: Women seek immediate medical attention when experiencing signs and symptoms of a heart attack.

FACT:

- ♥ Women believe only men have heart attacks
- ♥ Women do not recognize symptoms of a heart attack are often different than men
- ♥ Women are afraid of embarrassment if symptoms are false alarms and do not want to bother their physician
- ♥ Women delay seeking medical attention 4-6 hours longer than men

MYTH: The standard exercise treadmill test provides accurate diagnostic information in both men and women

FACT:

- ♥ The standard exercise treadmill test has been analyzed/researched only in men
- ♥ Exercise treadmill testing is not sensitive enough in detecting or rejecting the disease process in women
- ♥ The exercise treadmill test may not be a true indicator of your 'heart health'.

MYTH: Life expectancy after a heart attack affects men and women equally

FACT:

- ♥ 38% of women, versus 25% of men will die within one year of a recognized heart attack
- ♥ 35% of women, versus 18% of men heart attack survivors will have another heart attack within six years
- ♥ 46% of women, versus 22% of men heart attack survivors will be disabled with heart failure within six years

*To schedule a Muriel I. Kauffman Women's Heart Center Heart Health
Assessment call 816-932-6220 option 4*