



WOMEN, HEART DISEASE AND STROKE

Heart disease and Stroke kill more women than men in Utah.

- Heart Disease is the **No. 1 killer of women** in Utah. In 2002, Heart Disease and stroke killed **6 women every day** or one woman every 4 hours.
- Heart Disease and Stroke kill more Utah women than the next four causes of death combined.
- More Utah women than men die from a **stroke**.
- In 2002 Hospitalization costs of Heart Disease and Stroke were more than **\$410 Million**. Medicare, Medicaid or other Government programs paid for 66% (\$271 Million) of the costs.

It's not just a man's disease.

- Nationwide, almost **1 out of 2 women** dies from Heart Disease and Stroke, making it the leading killer. In contrast, breast cancer kills 1 in 29 women.
- **1 in 5 women** in the U.S. has some form of Heart Disease or Stroke.
- **33% of women** who die in Utah, die from Heart Disease or Stroke.
- **Every hour** a woman in Utah will be hospitalized for a Heart Disease or Stroke related illness.

Are you at risk?

- 11% of women in Utah are **smokers**, putting them at increased risk of heart attack and stroke.
- More than a third of Utah women ages 45+ have been diagnosed with **high cholesterol**.
- **High blood pressure** is more common in women taking oral contraceptives, especially in obese and older women, than in women not taking them.
- The risk for Heart Disease and Stroke among women with **diabetes** is 2-4 times higher than that for women without diabetes.
- 47.3% of Utah women are **overweight or obese**.

Women and heart attacks

- 42% of all women in Utah who are hospitalized for Heart Attack have an adverse outcome (i.e. Death, Long Term or Other Care).
- Not all heart attacks are sudden and intense, such as the “**movie heart attack**,” during which someone dramatically gasps, clutches her heart and drops to the ground. Most heart attacks start slowly, with mild pain or discomfort. These signs can mean a heart attack is happening:
Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
Discomfort in other areas of the upper body. In women, symptoms are more likely to include nausea. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
Shortness of breath. This often comes along with chest discomfort, but it can occur before the chest discomfort.
Other signs: These may include breaking out in a cold sweat, nausea or lightheadedness.

Go Red For Women

Information, risk profile, and how to support the cause: www.americanheart.org/women

Your local American Heart Association: 801.484.3838 or 800.452.9445

Sources: Utah Hospital Discharge Database 2002.
Utah Mortality Query System 2002.
Utah Office of Vital Records 1999 – 2002.
Utah Behavioral Risk Factor Surveillance System 1999 – 2001.