

Faith Health Ministry

Facts About Heart Disease in Women

Do you know what causes heart disease in women? What about the survival rate? Or whether women of all ethnicities share the same risk?

The fact is: **Heart disease is the No. 1 killer of women**, causing 1 in 3 deaths each year. That's approximately one woman every minute! But it doesn't affect all women alike, and the warning signs for women aren't the same in men. What's more: These facts only begin to scratch the surface. There are several misconceptions about heart disease in women, and they could be putting you at risk.

Heart disease & stroke is the No. 1 killer in women, and stroke disproportionately affects African-Americans. Importantly, African-American women are less likely than Caucasian women to be aware that heart disease is the leading cause of death. Diabetes, smoking, high blood pressure, high blood cholesterol, physical inactivity, obesity and a family history of heart disease are all greatly prevalent among African-Americans and are major risk factors for heart disease and stroke. What's more, African-American women have almost two times the risk of stroke than Caucasians, and more likely to die at an earlier age when compared to women of other ethnicities.

So what's the solution?

For starters, cutback on the amount of salt in your diet. In fact, make a serious effort to improve your overall eating habits by learning about heart-healthy foods, and how to prepare them. And of course, if you're not already active, get moving.

Flu Season Warning

The U.S. is being hit with one of the worst flu seasons in years, with up to 49 states reporting widespread illness, according to the Centers for Disease Control and Prevention — four times as many as this time last year. Experts warn that young children are particularly vulnerable.

You can get the flu if someone with the illness coughs or sneezes near you. The flu virus travels in droplets from the infected person's nose or mouth through the air and enters the body through your nose or mouth.

You can also get the flu simply by touching an object like a telephone or doorknob that someone with the flu has already touched. The flu virus passes from that object to your hand and then to your nose or mouth. There are many ways to prevent flu and colds.

Steps to Take to Avoid the Flu

- **Influenza vaccination** is the best method for preventing the flu and its complications. Flu spreads from person to person.
- **Avoid close contact with people who are sick.** When you are sick, keep your distance from others to protect them from getting sick too.
- **Avoid crowds.** You are at greatest risk of getting infected in places where there are a lot of people.
- **Stay home when you are sick.** This will help prevent others from catching your illness.
- **Cover your mouth and nose.** Use a tissue when coughing or sneezing, or sneeze or cough into your sleeve.
- **Clean your hands.** Help protect yourself from germs.
- **Avoid touching your eyes, nose, or mouth.**
- **Eat, sleep, and exercise.** Your body has defenses to guard you from getting sick. These defenses are called the immune system. For your immune system to work well, it's important to eat right, get enough sleep, and be active each day.

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