

Cardiovascular disease (CVD)
is the No. 1 killer of women.

1 in 3

women die of this disease.



- Historically, awareness of CVD in women has been marginally low, with only 56% of women even knowing the risk factors.
- Signs of CVD are different in women than in men.
- It is important to know your body, get regular check-ups, and see a doctor when something does not feel right.

The following are the signs most commonly seen in women with heart disease:



Heart Attack:

Jaw pain, backache, shortness of breath, chest discomfort or tightness, extreme fatigue & nausea.



Stroke:

Face drooping, nausea, fatigue, arm weakness, difficulty speaking, vision problems, coordination problems, severe headache, confusion/memory problems, vomiting.



Heart Disease and Heart Failure:

Shortness of breath, fatigue, swollen legs, rapid heartbeat, general malaise and feeling tired.



Cardiac Arrhythmias:

Often no symptoms, can experience chest pain, dizziness, fainting, and heart palpitations.



For more information on cardiovascular disease research at MMRI and how to support our science, please reach out to our:

Development Team

development@mmri.edu
(315) 735-2217

CONTACT US:



2150 Bleecker Street
Utica, NY 13501



mmri.edu



MasonicMedicalResearchInstitute



@MasonicResearch



linkedin.com/company/masonic-medical-research-laboratory



@Masonic_medical

**WOMEN
AND
CARDIOVASCULAR
DISEASE**



- The heart is responsible for pumping blood throughout the body, providing oxygen and nutrients to organs and tissues. Over time, a damaged heart is unable to keep up with the demands of the body, resulting in cardiac damage complications, including organ failure and death.
- Cardiovascular Disease (CVD) is the number one cause of death in the U.S. for both men and women. However, women face a 20% increased risk of developing heart failure or dying within five years after their first heart attack, as compared to men.
- CVD is defined as having a condition affecting or relating to the heart or its valves.

HOW CAN WOMEN HELP PREVENT CVD?



Women often exhibit no signs of CVD or dismiss the signs as normal, everyday stress. Be aware of your body, know when something doesn't feel right, and have regular medical check-ups.



Women are under-represented in clinical trials, making it harder to treat CVD specifically in women. By supporting research, we can help bridge the gap, studying men equally with women.



Because their symptoms can sometimes be overlooked, women are less likely to be prescribed needed medications for treating heart disease. Be an advocate of your own health.

- More men than women have heart attacks and strokes, but more women than men die after these events, in large part due to lack of or reduced response times for treatment.

WHAT IS HEART FAILURE?

A chronic, progressive condition that occurs when the heart can no longer distribute blood to the body. Traditional risk factors, such as diabetes, obesity, coronary artery disease, hypertension, and cardiomyopathy, can pose an increased risk to developing heart failure, which can sometimes lead to death.

MEDICATION RESPONSE:

Differences in men vs. women, for example in chemical, hormonal and body composition, can indicate changes in the rates of absorption, distribution and metabolism of drugs.

SIDE EFFECTS:

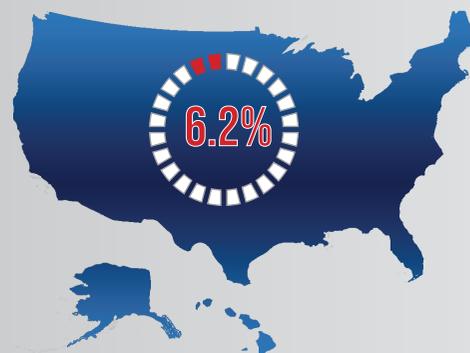
Women with heart failure can have additional adverse effects, including stroke, lung disease, liver dysfunction, peripheral vascular disease, and kidney injury.

CORONARY ARTERIES:

Women have smaller arteries than men. This can cause potential complications in blood flow, increasing stress on the heart and inducing heart damage.

PHYSIOLOGICAL DIFFERENCES:

Women have an increased risk of developing Takotsubo cardiomyopathy. This is a condition that changes the shape of the left ventricles, the heart's main pumping chamber, leading to an inefficiency in blood flow.



1 in 16 women aged 20 and above (6.2%) have coronary artery disease, the most common type of heart disease.



Statistics from the American Heart Association show that one woman every 60 seconds dies from heart disease in the U.S.

With education, awareness, and increased response times to cardiac events, many of these deaths can be prevented.

- Adult-onset CV disease may be preventable.
- Adopting a healthy lifestyle, with regular exercise, healthy diet, limited smoking, reduced alcohol, limited stress, and annual physicals, can help in this effort.

