

Heart Disease Facts

The Hope Heart Institute 
www.hopeheart.org

Heart Disease

It's the No. 1 killer of men and women in America.

Heart disease takes more lives than the next four causes of death combined, including cancer.

One person in this country dies of heart disease every 37 seconds.

Every year about 785,000 Americans have a first heart attack. Another 470,000 who have already had one or more heart attacks have another attack. (Centers for Disease Control)

Cost

In 2010, heart disease cost the United States about \$316 billion, which includes health care services, medications, and lost productivity. (Centers for Disease Control)

Warning Signs, Risk Factors

In a 2005 survey, most respondents—92%—recognized chest pain as a symptom of a heart attack. Only 27% were aware of all major symptoms and knew to call 9-1-1 when someone was having a heart attack. (Centers for Disease Control)

80% of all cardiovascular incidents in women could be prevented with changes in diet, exercise, and quitting smoking. (American Heart Association)

Risk factors include high blood pressure, high cholesterol, obesity, smoking, Diabetes, and stress.

Warning signs include pain in the chest, arms, back, neck, or stomach; shortness of breath; cold sweat, nausea, or lightheadedness.

Women and Heart Disease

In 2005, cardiovascular disease claimed the lives of 454,613 females; cancer took 268,890 women's lives. (American Heart Association)

90% of women have one or more risk factors for heart disease. (American Heart Association)

Women can experience symptoms of heart attack differently, and often report flu-like symptoms.

On the average, women take 2-4 hours longer than men to respond to symptoms of heart attack, limiting the beneficial use of some newer treatments like clot busters that work best within the first hour after onset of pain or discomfort. (Women's Heart Foundation)

