

Sharp Women's Health Conference
Women's Cardiac Health: Simple Changes to Prevent Heart Disease
Marin Nishimura-Kaminski, MD, FACC

Why It's Important

- Cardiovascular disease is the leading cause of death among women and men in the United States
- 1 in 3 women die from cardiovascular disease
- Nearly 75% can be prevented with better lifestyle choices
- But both women and their doctors may be unaware of importance of heart disease among women

What's Special about Heart Disease in Women

- There are heart disease risk factors that are specific to women
 - o Pregnancy associated risk markers
 - o Menstruation/menopause
 - o Hormone replacement therapy
 - o Mental health and stress
- Women may present with different symptoms compared to men when it comes to heart disease

How to Prevent Development of Heart Disease: Life's Essential 8



1. Eat better
2. Be more active
3. Quit tobacco
4. Get healthy sleep
5. Manage weight
6. Control your blood pressure
7. Control your cholesterol
8. Control your blood sugar