

# HEART DISEASE IN WOMEN

How healthy is your heart? Do you know all the facts about heart disease? Well, now is the time to learn. Find out the biggest killer of women in America and how to change your diet so that you don't become a victim.

Since 1963, the president of the United States has declared February American Heart Month and what better reason than a presidential decree to start eating healthier? Heart-healthy foods are ones that lower your bad cholesterol and blood pressure, but are high in protein and other nutrients. Heart disease claims hundreds of thousands of lives every year, but there are ways to prevent becoming a victim. Take this opportunity to educate yourself so that you can tell the ones you love. **Pop Quiz: What's the number one killer of women in America?**

- A. Stroke
- B. Breast Cancer
- C. Heart Disease
- D. Lung Cancer

**Answer:**

**D. Heart Disease - kills 356,000 women every year**

Stroke - kills 100,000 women every year

Lung Cancer - kills 68,000 women every year

Breast Cancer - kills 42,000 women every year

Surprised by the statistics? Unfortunately, so are many other women, which is why the National Heart, Lungs and Blood Institute (NHLBI) started the Heart Truth campaign to raise awareness about women and heart disease. For so long, heart disease was thought of as a "man's issue" and women did not consider themselves at risk. To combat this stereotype, the NHLBI started the Red Dress Project that raises money for the Heart Truth campaign through fundraisers and the Red Dress pins. The dress is meant to make heart disease a women's issue through the unique, attention-grabbing symbol.

**Heart to Heart - Getting the Facts** (from the NHLBI)

Heart disease is a disorder of the blood vessels that can cause an artery to become blocked and prevent oxygen and nutrients from reaching the heart. Though there are procedures to help you live with the disease, it is not "curable" as many people mistakenly think.

Risk Factors:

- High blood pressure
- High blood cholesterol
- Diabetes
- Smoking
- Being overweight
- Being physically inactive
- Age (55 or older for women)

## Some Facts for Women (from [www.hearttruth.gov](http://www.hearttruth.gov))

- Heart disease is the #1 killer of American women.
- One in every three women dies of heart disease. One in 30 dies of breast cancer.
- Women's heart disease risk starts to rise in middle age.
- About 3 million American women have had a heart attack.
- Two-thirds of American women who have had a heart attack don't make a full recovery.
- Nearly two-thirds of American women who die suddenly of a heart attack had no prior symptoms.
- Americans can lower their risk of heart disease by as much as 82 percent just by leading a healthy lifestyle.
- Only 55 percent of women are aware that heart disease is the leading cause of death among women.
- Only 20 percent of women identified heart disease as the greatest health problem facing women today.

## Pump it Up

Whether this information is a sudden wakeup call or something you've known all along, chances are there are ways to improve your diet that can decrease your chance of heart disease. If you are truly serious about changing your lifestyle (as you should be), the American Heart Association has an invaluable resource called Delicious Decisions.

With the American Heart Association's Food Certification Program, you can easily look up certified foods before you go grocery shopping so you know what to look for.

For some quick-fix solutions to jump start your new diet, here are five easy ways to add heart-healthy nutrients to your meals.

**Blueberries** - contain lots of antioxidants that help fight diseases. They also are high in fiber and vitamin C. Can't find fresh ones? A bag of frozen blueberries will do the trick too! If you don't feel like getting fancy, just sprinkle a handful on your morning yogurt or cereal.

[Blueberry Cornmeal Muffins](#)

[Apple-Berry Brunch Bake](#)

[Warm Blueberry Sauce](#)

[Frosty Blueberry Custard](#)

[Blueberry Scones](#)

[Low-Fat Blueberry Bran Muffins](#)

[Blueberry Crunch](#)

[Blueberry Pancakes](#)

[Blueberry Salad](#)

[White Cornbread with Blueberries](#)

[Lemon-Blueberry Muffins](#)

[Blueberry Buckle](#)

[Blueberry Muffin Cake](#)

[Blueberry Oat Muffins](#)

[Blueberry Bread](#)

[Blueberry Pudding](#)

[Blueberry Tart](#)

**Salmon** - a great way to add omega-3 fatty acids to your diet and also an excellent source of protein. Adding salmon to a meal can be as easy as topping your salad with a can of salmon or throwing a salmon steak on the grill.

[Sassy Salmon Burgers](#)

[Alaskan Salmon Chowder](#)

[Smoked Salmon and Asparagus Quiche](#)

[Salmon Pasta Salad](#)

[Salmon in Fillo Tarts with Cucumber-Sesame Salsa](#)

[Mediterranean Salmon](#)

[Grilled Cured Salmon](#)

[Baked Dill Salmon](#)

[Salmon and Cheese Pie](#)

[Grilled Rice-Stuffed Salmon](#)

[Sautéed Salmon](#)

[Orange Roasted Salmon](#)

[Broiled Miso Salmon with Spago Cucumber Salad](#)

[Farfalle with Smoked Salmon and Dill](#)

[Linguine with Smoked Salmon](#)

[Salmon Noodle Bake](#)

[Baked Salmon with Black Olive Salsa](#)

[Baked Dijon Salmon](#)

[Barley Salmon Alfredo](#)

[Quick 'N Creamy Salmon](#)

[Orange-Rosemary Salmon](#)

**Soy Protein** - can help lower your LDL cholesterol (bad), which can help prevent heart disease. Not a fan of tofu? You can find soy in lots of forms like edamame, soy nuts, soy milk, seitan and more.

[Silken Tofu Whipped Topping](#)

[Pad Thai](#)

[Egg Foo Yung](#)

[Chinese Hot and Sour Soup](#)

[Scrambled Tofu](#)

[Black Bean Asian Tostadas](#)

[Tofu Parmigiana](#)

[Tofu Burgers](#)

[Tofu Stir-Fry with Ankake Sauce](#)

[Miso Soup with Tofu and Kale](#)

[Tofu Chalupas](#)

[Marinated Vegetable and Tofu Kabobs](#)

[Tofu Salad](#)

[Tofu Berry Shake](#)

[Mediterranean Vegetable Wraps](#)

[Santa Fe Chile Enchiladas](#)

[Beans & Barley Tofu Scrambler](#)

[Tofu and Rice Stuffed Peppers](#)

**Oatmeal** - just one way to add whole grains to your everyday routine, oatmeal is high in vitamins, minerals and cholesterol-lowering fiber. Try adding oatmeal to your favorite muffin or cookie recipe. Or cook up a steamy bowl of oatmeal for breakfast!

[Baked Mini Meat Loaves](#)

[Sweet Potato Cookies](#)

[Cranberry Crunch](#)

[Oatmeal Scones](#)

[Oatmeal & Raisin Waffles](#)

[Big Brownie Oatmeal Drops](#)

[Oatmeal Apple Raisin Muffins](#)

[Banana Oat Nut Muffins](#)

[Health Bread](#)

[Chewy Cranberry Oatmeal Cookies](#)

[Oatmeal Bread](#)

[WWII Oatmeal Molasses Cookies](#)

**Spinach** - it may be cliché, but it's so true - spinach is a super-charged vegetable that's especially high in folate and iron. It's rich, dark color comes from phytochemicals, vitamins and other minerals that fight heart disease and preserve your eyesight. Preparing spinach can be as easy as cooking it down and adding lemon juice. It also makes delicious - and colorful - additions to lots of other dishes!

[Fresh Spinach and Tarragon Salad](#)

[Spinach, Sausage & Cheese Bake](#)

[Beach Rose Strata](#)

[Steak & Spinach Salad](#)

[Spinach Mac & Cheese](#)

[Easy Minestrone](#)

[Moroccan Chickpea Tomato Stew](#)

[Make-Ahead Spinach Phyllo Roll-Ups](#)

[Spinach and Cheese Blintz](#)

[Poached Eggs in Spinach Yogurt Sauce](#)

[Spinach Lasagna](#)

[Mamaliga](#)

[Creamed Spinach](#)

[Spinach Casserole](#)

[Vegetarian Lasagna](#)

[Baby Spinach Salad](#)

[Low Carb Chicken Florentine](#)

[Spinach-Chicken Rollups](#)

[Penne with Chicken, Spinach and Tomato Alfredo](#)

[Wilted Greens and Pine Nuts](#)

[Spinach Pie](#)

[Calo Verde](#)

**Resources** ["5 Heart-Healthy Foods," Web MD.](#) [American Heart Association](#) [National Heart, Lungs and Blood Institute \(NHLBI\)](#) [The Heart Truth](#)