

A woman's profile is shown in a red-tinted image, looking towards the left. Her hair is dark and styled. The background is a solid red color.

# HEART DISEASE IS THE #1 KILLER OF WOMEN.

## **PREVENTION IS THE #1 CURE.**

For many suffering from heart disease, there are no obvious outward signs, and the first symptom is a heart attack. Eliminate uncertainty and assess your risk with the only hospital in Arkansas that specializes entirely in your heart health.

ARKANSAS  
HEART HOSPITAL®

# HEART OF THE MATTER WITH DR. MONICA LO

**HEART DISEASE IS THE LEADING CAUSE OF DEATH IN WOMEN, BUT FEW KNOW IT. DR. MONICA LO OF ARKANSAS HEART HOSPITAL EXPLAINS HOW HEART DISEASE DIFFERS IN WOMEN AND HOW TO EMPOWER YOURSELF TO TAKE ACTION.**

Heart disease has long been thought of as a men's health issue -- a misconception that can be deadly for women. In fact, heart disease is the leading cause of death in women, with one in three experiencing a heart attack or stroke in their lifetime.

How is this life-threatening illness overlooked? According to Dr. Monica Lo, electrophysiologist at Arkansas Heart Hospital, many women are unaware that heart disease can even affect them. Some mistake the symptoms as stress, lack of sleep, headaches, indigestion or a host of other seemingly insignificant issues. But women are not the only ones missing the signs.

"It's not just female patients with a perception that heart disease doesn't happen in women," says Dr. Lo. "A lot of physicians think women have a lower risk and may ignore the therapies and diagnostic tests that are applied to men."

But nearly 80 percent of cardiovascular diseases may be prevented. Knowing your heart health and evaluating risks can give you priceless insight.



## SEVEN FACTS ABOUT HEART DISEASE IN WOMEN

1. Heart disease affects more women than all cancers combined.
2. One in three women will experience a heart attack or stroke in their lifetime.
3. Only 54% of women recognize that heart disease is their #1 killer.
4. Women are more likely to have a heart attack without chest pain.
5. Almost two-thirds (64%) of women who die suddenly of coronary heart disease did not have previous symptoms.
6. Women only make up 25% of participants in heart-related research studies.
7. Stress is a larger risk factor for heart disease in women than for men.

## RISK FACTORS FOR HEART DISEASE IN WOMEN

Diabetes • Stress • Smoking • Inactivity • Menopause • Family history  
Inflammatory diseases • Pregnancy complications

**80%**  
OF CARDIOVASCULAR  
DISEASES ARE PREVENTABLE

**Prevention is key.** Manage conditions such as diabetes, high blood pressure and high cholesterol. Stop smoking. Exercise regularly, eat a heart-healthy diet and maintain a healthy weight.

## SECRET SYMPTOMS OF HEART ATTACKS IN WOMEN

Chest pain is the most common heart attack symptom for women, but we're more likely to experience atypical symptoms like:



**Nausea**



**Dizziness or passing out**



**Back, shoulder or jaw pain**



**Shortness of breath**

**Your heart keeps you moving, laughing and living. And something this special deserves specialized care. Choose the only hospital in Arkansas dedicated entirely to your heart. Choose Arkansas Heart Hospital.**

