

Miss. Understood: COMMON MYTHS ABOUT WOMEN & HEART DISEASE

HEART DISEASE IS THE #1 KILLER OF WOMEN¹

- MYTH #1** **Heart disease is for men; women should worry about cancer.**
Heart disease is the leading cause of death for women in the U.S., about 1 in 5¹ female deaths each year.
- MYTH #2** **Heart disease only affects older people.**
Heart disease affects women of all ages, and reports show that heart attack rates are increasing among women ages 35-54.²
- MYTH #3** **I feel fine, so I can't have heart disease.**
Women can have a "silent" heart attack and still walk, talk, and work, not realizing they are experiencing critical symptoms.
- MYTH #4** **I don't have any "typical" symptoms.**
Don't ignore unusual episodes of nausea, shortness of breath, dizziness, sweating, unusual fatigue, jaw pain, and upper body pain.
- MYTH #5** **Women who exercise won't get heart disease.**
Family history and lifestyle choices can increase risk even for young, fit and otherwise healthy women.
- MYTH #6** **It runs in my family, so there's nothing I can do about it.**
Reduce your genetic risk with a balanced diet, exercise, not smoking, and limited alcohol consumption.

ARE YOU AT RISK FOR HEART DISEASE?

Screenings such as a CT Calcium Scoring Scan and AngioScreen can identify risk of heart disease or stroke. Schedule an appointment or find a physician at HMHhasHeart.com or call 844-HMH-WELL.



Hackensack
Meridian Health

¹American Heart Association ²Johns Hopkins Medicine

AS THE MOST RECOGNIZED PROVIDER OF QUALITY HEART CARE IN NJ, WE'RE READY.



Hackensack University Medical Center

At Hackensack Meridian Health, we ensure that each heart doesn't miss a beat. Our experts perform the most total cardiovascular procedures* and are recognized with more quality awards** than any other network in New Jersey. From award-winning cardiac and vascular surgeons and care teams to advanced preventive screenings, we're ready for every heart.

To find a physician, visit HackensackMeridianHealth.org/heartcare, scan the QR code, or call 844-HMH-WELL.



Hackensack
Meridian Health

*2022 NJ Cardiac Data Registries. **American College of Cardiology HeartCARE Centers: Hackensack University Medical Center, Jersey Shore University Medical Center, JFK University Medical Center, Ocean University Medical Center, Riverview Medical Center.