

Ask CDC

Women – Be Smart About Your Heart

[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Welcome to *Ask CDC*, the weekly podcast that answers *your* questions. I'm your host, Susan Laird.

Our question this week is from a woman who heard on the radio that women are just as likely to have heart disease as men. She wants to know if that's true.

Unfortunately, it is true. Although heart disease is sometimes thought of as a “man’s disease,” it’s the leading cause of death for both women *and* men in the United States, and women account for 51 percent of heart disease deaths. Heart disease is the leading cause of death among women aged 65 years and older. However, heart disease is the second leading cause of death among women aged 45 to 64 and the third leading cause of death among women aged 25 to 44.

Although family and personal health history certainly contribute to the risk of heart disease, there are several things you can do to decrease your risk.

- If you smoke, stop. Call the national hotline at 1-800-QUIT-NOW.
- Do at least 2 ½ hours of moderate intensity physical activity every week.
- Do muscle-strengthening activities on two or more days a week.
- Eat a heart-healthy diet.
- Work towards achieving and maintaining a healthy weight.
- Have your blood pressure and cholesterol level checked.

More information on each of these topics can be found by searching our website at www.cdc.gov or call 1-800-CDC-INFO.

Thanks for listening. To submit *your* question to *Ask CDC*, email us at askcdc@cdc.gov.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.