

## HEART HEALTH FOR AFRICAN-AMERICAN WOMEN

(NAPSA)—It's important for African-American women to take care of their heart health. But when asked by the American Heart Association what they considered their biggest health threat, 61 percent said cancer. The reality, however, is that women are twice as likely to die from heart disease as

they are from cancer—and African-American women are the highest risk group for death and disability from heart disease and stroke.

A new book helps teach women how to

improve their lives through good heart health. Called "The African American Woman's Guide To A Healthy Heart" (Hilton Publishing, \$16.95), the easy-to-read guide helps women understand the function of the heart and how changing their lifestyles can help it work better. The book covers such topics as:

- How to assess your personal heart disease and stroke risk factors
- How to recover from heart disease or stroke
- The roles that high blood pressure, obesity, tobacco and diabetes play in the development of heart disease and stroke
- How to stay healthy if you don't have heart disease
- How to help families—especially inactive children—lead a heart-healthy life.

The book was edited by Anne L. Taylor, M.D., Director of the Association of Black Cardiologists Center for Women's Health. The group is dedicated to reducing cardiovascular disease in the African-American community.

For more information, visit [www.hiltonpub.com](http://www.hiltonpub.com).

