

HEART HEALTH

Helpful Facts From Experts

Heart Healthy Resources For Women

(NAPSA)—Women are known to juggle family, work and activities, but they may be ignoring risk factors for heart disease, the number one killer of women in the United States. The good news is that women can take simple steps to reduce the risk of getting and dying from this disease.



More than one in five women have some form of cardiovascular disease.

The U.S. Department of Health and Human Services' Office on Women's Health is supporting two important Web sites. For Your Heart is a simple, interactive Web site that provides women with personalized information on heart disease risk factors and prevention.

Heart Healthy Women is the online source for information on the diagnosis and treatment of heart disease in women. The site features separate educational sections for women with heart disease and their health care providers. To learn more, visit www.womenshealth.gov/ForYourHeart/ and www.hearthealthywomen.org, or call the Women's Health Help Line at 1-800-994-9662 or 1-888-220-5446 for the hearing impaired.