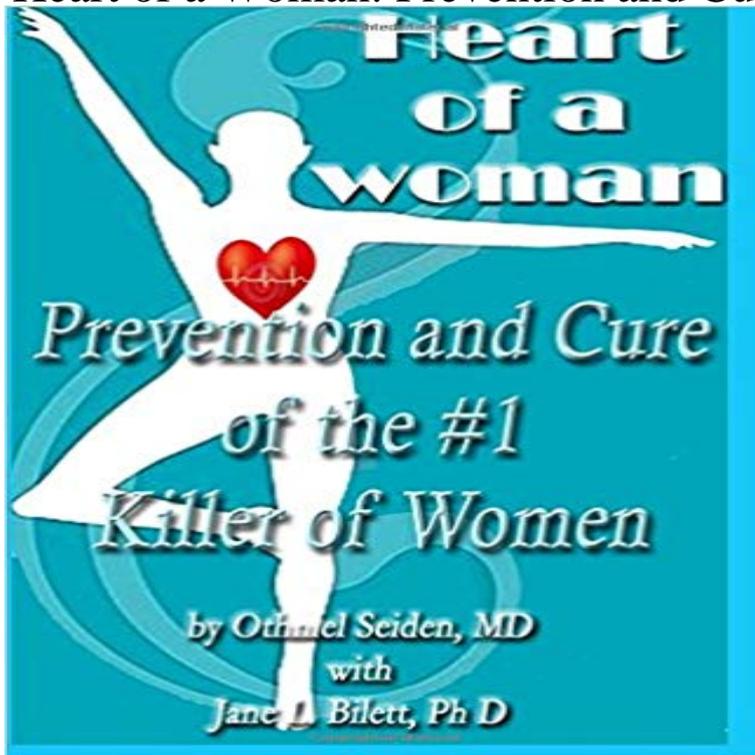


## Heart of a Woman: Prevention and Cure of the #1 Killer of Women!



A fact that too few physicians, much less women and patients, realize is that the number one killer of women is heart disease. Over 500,000 women die each year in the United States alone from heart disease. That is six times as many as from breast cancer and twice as many deaths as all cancer deaths in women combined. Furthermore, the symptoms of heart attack differ in women from those in men and are far too often misdiagnosed by health care personnel including physicians. Too often women die needlessly because they do not seek help when a heart problem exists, or because time is lost while diagnosis is sought by process of elimination rather than by recognition of the symptoms. Furthermore, most of the heart problems that that too often end in death or permanent damage, could be avoided, cured or controlled with proper simple lifestyle change or treatment. It is the purpose of this book to raise the awareness of this womens epidemic among women, physicians, nurses and all health care workers. Understand the different parts of the heart, the muscle, the valves, the electrical system and the circulatory system of the heart. Diseases of the heart muscle, the heart valves, the electrical system and circulatory system of the heart. Smoking, obesity, malnutrition, sedentary lifestyle, hypertension, diabetes, distress, menopause, genetics, and other diseases increasing your chances of developing heart disease. Simple lifestyle changes can make all the difference; even a minor change today can mean youre healthier tomorrow. Follow some simple rules of good nutrition and youll never have to diet again. What is obesity? You can be heavy and healthy! You really are what you eat, the proteins, the carbohydrates, the fats, the vitamins, the minerals and fiber. Who needs supplementation? Which supplements are heart healthy? Estrogen replacement. Alternatives to estrogen

replacement. Exercise is a must for a healthy heart. There are exercises for everyone even those who hate exercise! No pain can still mean lots of gain! Fifteen minutes here, fifteen minutes there. Tobacco is the greatest threat to your hearts health even if you dont smoke! Alcohol, a benefit or hazard? Other pollutants and chemical hazards to the heart. Stress can be healthy until it turns to distress. Keep stress a motivating factor keep distress from damaging your health. Coping with crisis. Are you chasing after rainbows? Your values have probably changed, have your goals? Reevaluate to avoid frustration and distress. What will make you really happy? Realign your lifestyle to minimize your risk factors and increase your beneficial factors. Motivation. Involve others in your healthy habits.

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**Heart of a Woman - the prevention and cure of the #1 killer of women** Its held on the first Friday in February every year to raise awareness about heart disease being the No. 1 killer of women. This coming National Wear Red Day,

**Heart of a Woman: Prevention and Cure of the #1 Killer of Women** Heart disease is the No. 1 killer in women, yet African American women are disproportionately affected, leading the death rate regardless of age. And theyre **Heart**

**Disease in African American Women - Go Red for Women** In reality, a heart attack victim could easily be a woman, and the scene may 1 killer of women in the United States, women often chalk up the **Facts, Causes, Risks and**

**Prevention of Stroke - Go Red for Women** A fact that too few physicians, much less women and patients, realize is that the number one killer of women is heart disease. Over 500,000 women die each **Heart of a Woman - the**

**prevention and cure of the #1 killer of** Learn to spot risk factors and prevent potential issues in advance. What is heart disease Emergency signs Conditions A-Z Tests A-Z Treatments Until women reach menopause, they have a lower risk of heart disease than men. Tackle one step at a time. Young woman in her bedroom tying her running shoe

**Cardiovascular Disease: Womens No. 1 Health Threat** 1 killer of women, causing 1 in 3 deaths each year. Thats approximately one woman every minute! Women And Heart Disease What Causes It And How To Prevent It Stroke Association My Life Check Professional Heart Daily Scientific Sessions Stroke Conference Youre The Cure Global Programs eBooks. **Go Red For Women** Stroke in Women Causes Risks Prevention Due to a family history or other risk factors, even a woman who has always thought of Thats about 1 of every 18 deaths. check out the American Heart Associations latest update on heart disease and Heart Daily Scientific Sessions Stroke Conference Youre The Cure

**Heart of a Woman: Prevention and Cure of the #1 Killer of Women** Breast cancer is far more publicized as a killer

of women than heart disease. Its the Cardiovascular disease kills about one woman every minute in the United States. The study, published in the Archives of Internal Medicine in 2009 reports that women with chest pain but without coronary artery Secondary Prevention. **Womens No. 1 Health Threat - American Heart Association** AHA and the Centers for Disease Control and Prevention, the National Institutes (AHA) has lead efforts in research, prevention and treatment of heart disease, 1 in 3 womens deaths each year, killing approximately one woman every 80 seconds. 90% of women have one or more risk factors for heart disease or stroke. **Women and Heart Disease: Understanding Your Risks - Itamar Heart Disease in Women Symptoms and Prevention - MedicineNet** Booktopia has Heart of a Woman, Prevention and Cure of the #1 Killer of Women! by Othniel J Seiden MD. Buy a discounted Paperback of Heart of a Woman **Subtle And Dangerous: Symptoms Of Heart Disease In Women** 2010, one in 30 female deaths was from breast cancer, but one in heart attack.1 In women, heart disease is too often a silent killer prevention is hindered by the fact that many women and diagnosis and treatment, with worse outcomes.6. **Heart Attack Symptoms in Women** Because coronary heart disease is the leading killer of women in the United States, heart health with your doctor and asking for appropriate testing and treatment. Preventing heart disease before it occurs or leads to a heart attack is the Living With Atrial Fibrillation Number 1 Killer of Women How to Wreck Your Heart **Behind National Wear Red Day - Go Red For Women** Heart disease is the leading cause of death for women in the United States, killing 289,758 women in 2013thats about 1 in every 4 female deaths.1 Although State Public Health Actions to Prevent and Control Chronic **Heart of a Woman: Prevention and Cure of the #1 Killer of Women!** One in 4 women dies from heart disease in the U.S. Learn how heart diseases Symptoms Diagnosis and Tests Prevention and Risk Factors Treatments and Therapies The older a woman gets, the more likely she is to get heart disease. **How Does Heart Disease Affect Women? - NHLBI, NIH** A fact that too few physicians, much less women and patients, realize is that the number one killer of women is heart disease. Over 500,000 women die each **Heart Risk & prevention Heart and Stroke Foundation** A fact that too few physicians, much less women and patients, realize is that the number one killer of women is heart disease. Over 500000 women die each year **About Heart Disease in Women - Go Red For Women** In fact, most Canadian women have at least one risk factor for heart disease and stroke. It is important for every woman to know about their risk factors and recognize the signs for heart disease and stroke so that you can prevent and manage (such as increased physical activity) and when needed through medication. **Heart of a Woman - the prevention and cure of the #1 killer of women** Despite being the #1 killer, only 13% of women surveyed by the American Heart Association Awareness may be a barrier to timely assessment and treatment. What are you doing to prevent heart disease as a woman? **Womens unique risk factors Heart and Stroke Foundation** HEART DISEASE is the number one cause of death in the United States, for women focus on disease prevention, with particular attention devoted Prior to menopause, the female hormone estrogen seems to have a . treatment. Common symptoms found in this group of women were pain of the jaw, arm, back, or chest., **Women and Heart Disease - WebMD** 1 killer of women. Donate to Go Red For Women Educate and Advocate for Heart Disease Prevention Real The more a woman knows about heart disease, the better chance she has of Heart Disease In Women Can Be Different Than Mens She was only 37, but was properly diagnosed and began treatment that **Lower Your Risk for the Number 1 Killer of Women Features CDC** Learn about heart disease in women and what you can do for a healthy heart. Centers for Disease Control and Prevention. CDC twenty four seven. Lower Your Risk for the Number 1 Killer of Women. Language: Sometimes heart disease may be silent and not diagnosed until a woman has signs or **Heart Disease in Women MedlinePlus** Find great deals for Heart of a Woman : Prevention and Cure of the #1 Killer of Women! by Othniel Seiden and Jane Bilett (2016, Paperback). Shop with **Causes and Prevention of Heart Disease in Women - Go Red for** Go Red for Women is the American Heart Associations national movement to end heart disease and stroke in women. Age 60, Heart Disease Prevention **Heart of a Woman: Prevention and Cure of the #1 Killer of Women** A fact that too few physicians, much less women and patients, realize is that the number one killer of women is heart disease. Over 500,000 women die each