

Increased risk at menopause.

Millions of American women are at risk of heart disease and stroke and have higher cholesterol than men – especially after age 50, when they become less active and more overweight.

More about these and other risk factors:

Overweight/Obesity Overweight women run two to three times the risk of healthy-weight women! (Clue: If your waist is about the same size as your hips – or larger – your risk of heart disease is substantially higher.)

Physical Inactivity Active women – even elderly women – reduce their coronary risk by as much as half through physical activity. Yet 68% of women, 45-65, don't get enough regular physical exercise.

Cholesterol At 50, the rough age of menopause, more women than men have high cholesterol – a major risk factor for heart disease.

Smoking One in four adult women smokes – more than doubling her risk of heart disease if she smokes only one to four cigarettes a day! Heavier smoking triples the risk – even among women under 50.

Clearing up some confusion.

We doctors of internal medicine are also known as “internists.”

This should not be confused with “interns,” who are doctors in their first year of training after medical school.

Nor are we the same as “general practitioners” (GPs), or “family physicians” (FPs), whose practices may include surgery, obstetrics and pediatrics, and whose training is not solely concentrated on adults.

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INTERNAL MEDICINE
DOCTORS FOR ADULTS™

Heart Disease & Stroke:

2 of 3 adult
American women
are at risk.
Are you?



No. 1 killer of women over 35.

You probably don't want to hear it, but it's true: Cardiovascular disease (heart disease & stroke) kills almost twice as many American women as all cancers combined – 10 times as many women as breast cancer.

Many more are disabled: One in three women, aged 55-64, who has heart disease is disabled. For her, walking a couple of blocks, even without hills, can bring shortness of breath, fatigue or discomfort. So can climbing more than one flight of stairs, changing bed sheets, even dressing without stopping to rest.

Symptoms silent or overlooked.

By the time they reach menopause, one million women in America already have heart disease. Yet symptoms are often silent: Many women don't even know they have it.

They often overlook the common clues – chest, neck, shoulder or stomach pain; extreme tiredness, lightheadedness or shortness of breath. These symptoms are often triggered by exercise and relieved with rest.

The good news: It's treatable. Often preventable.

Don't be frightened by this brochure. While the statistics are scary, you and your internist can assess your cardiovascular – and general – health.

We internists simply want to give women – especially those around the age of menopause – a “wake-up call” to the known risks of heart disease and stroke. We can diagnose and treat cardiovascular disease to slow its progress. Some of us internists specialize in cardiology, and collaborate

with general internists for their patients who need special cardiovascular care.

We can also work with you on prevention:

Weight Control Try different foods, such as tuna, non-fat milk and yogurt, fresh fruits and vegetables, whole grain breads and cereals. Limit fat intake to less than 30% of total calories. Limit saturated fats (red meats, dairy products) to less than 10% of total calories. Limit cholesterol intake to less than 300 mg a day. If you drink alcohol, limit it to a glass of wine or a beer a day.

Physical Activity How many days a week are you physically active? Do you take brisk walks? If you don't, walking 30-45 minutes three times a week could be a good start. But first, see your internist – especially if you know you have cardiovascular disease, arthritis, diabetes or other health problems.

Cholesterol Control Your internist will assess components of your cholesterol – total cholesterol, LDL, HDL, and your triglycerides. If levels are risky, your internist will help you explore a healthier low-fat, high-fiber diet and, if necessary, prescribe cholesterol-lowering medication.

Quit Smoking If you're a smoker, this is the single best change you can make to cut your risk of heart disease.