



THE FEMALE HEART

KNOWING THE FACTS OVER 50

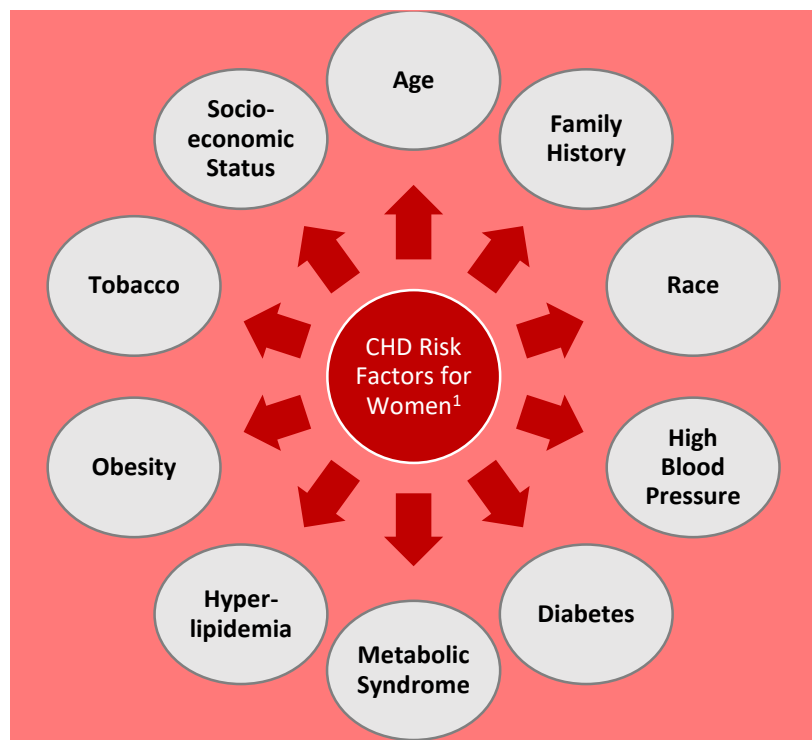
WOMEN & CORONARY HEART DISEASE

What is Coronary Heart Disease?

Cardiovascular diseases are the leading cause of death in the United States and account for one third of all mortality.¹⁻³ Coronary Heart Disease (CHD), a type of cardiovascular disease, affects 17.6 million Americans.²

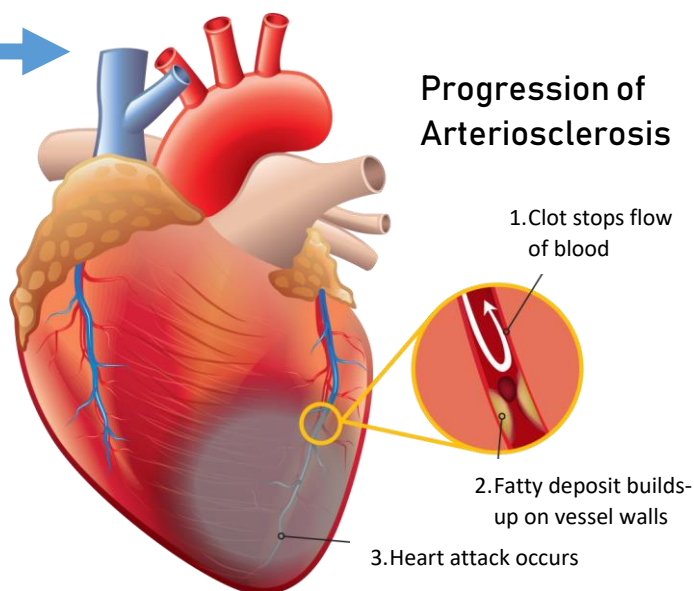
What Causes Coronary Heart Disease?

CHD is caused by a condition called arteriosclerosis, which means hardening of the blood vessels.^{1,4} Arteriosclerosis starts with minor inflammation to blood vessel walls which cause fats and other substances to stick forming plaques. Overtime, these deposits restrict blood flow. Early detectable signs of CHD may include discomfort or tightness in the chest with exertion, also known as angina.^{3,5} Overtime, plaques that form can become blood clots, which may entirely restrict blood flow through the blood vessel and can lead to a heart attack or stroke.^{1,3,5}



Women and Coronary Heart Disease

Women have poorer and more severe outcomes than men from CHD, especially after heart attack or bypass surgery.^{3,5} Long and short term mortality following a heart attack are double that of men in women over 50 years of age.³ It is important to receive regular screening and keep CHD lab values within normal ranges through medication and healthful lifestyle.¹ Goal laboratory values include: Blood Pressure (<130/<85), Cholesterol (<200 mg/dL), HDL (>50 mg/dL), LDL (<100 mg/dL), and Triglycerides (<150mg/dL).



TO LEARN MORE, VISIT WWW.CDC.GOV/HEARTDISEASE
OR CALL 1-866-MYHEART

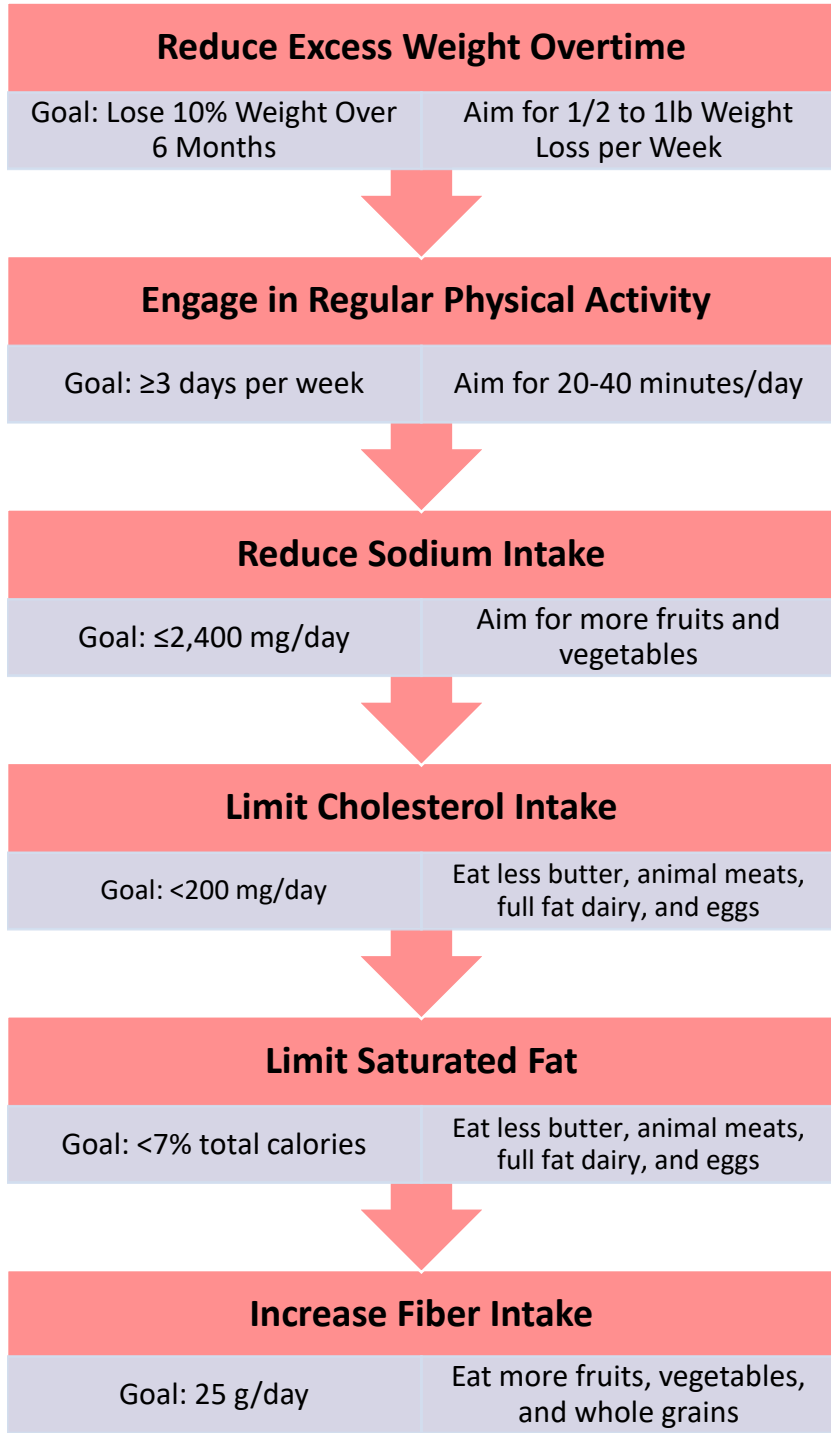
References:

1. Nelms M, Sucher K, Lacey K. *Nutrition Therapy and Pathophysiology*. 3rd ed. Boston, MD: Cengage Learning; 2016.
2. Wexler R, Pleister A, Raman S V, Borchers JR. Therapeutic lifestyle changes for cardiovascular disease. *Phys Sportsmed*. 2012;40(1):109-115.
3. Pathak L, Shirodkar S, Ruparelia R, Rajebahadur J. Coronary artery disease in women. *Indian Heart J*. 2017;69:532-538. doi:10.5114/kitp.2018.74675.
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5. Duda-Pyszny D, Trzeciak P, Gasior M. Coronary artery disease in women. *Kardiologia i Torakochirurgia Pol*. 2018;15(1):44-48. doi:10.5114/kitp.2018.74675.
6. Choose My Plate. Tipsheets: (Vegetables, Fruit, Whole Grains). USDA. 2018. www.choosemyplate.gov.

Food for Health

For women with CHD, up to 82% of related medical events could be avoided by making dietary changes and engaging in regular exercise.² Specific recommendations, known as Therapeutic Lifestyle Changes (TLCs), provide guidance to help reduce CHD risk.

Recommended TLCs^{1,2}



A HEALTHY HABIT TRY SOMETHING NEW

Vegetables⁶

1. Cut up batches of vegetables like bell pepper, celery, and carrots for easy snacking and baking
2. Cook fresh and frozen vegetables faster by using a microwave
3. Try new colors like purple, red, and orange
4. Brighten salads with avocado, bell peppers, radishes, and mushrooms

Fruits⁶

1. Keep visible reminders of fruit such as bananas or apples on your counter
2. Use fruits to sweeten recipes
3. Include fruit at breakfast as toppings for oatmeal or cereal
4. Make fruit a snack

Whole Grains⁶

1. Make substitutions by swapping regular pasta with 100% whole grain pasta or regular rice with brown rice
2. Add whole grains to dishes like barley in soups or brown rice in stir fry
3. Check food labels to ensure ingredients you purchase list 100% whole grains



NEED MORE INDIVIDUALIZED NUTRITION SUPPORT?

Ask Your Doctor about Scheduling a Consultation with a
Cardiovascular Dietitian

Or call 1-866-MYHEART for more details

