



Med Center Health®

[VIDEO TRANSCRIPT]

90 Seconds to Better Health – Heart Disease in Women

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[MUSIC] [NARRATOR]

90 Seconds to Better Health, brought to you by Med Center Health, the largest healthcare provider in the region.

Heart disease is the leading cause of death in the United States in both men and women. Compared to men, women have smaller hearts and narrower blood vessels, which can cause heart disease to progress differently.

[DR. DOWE]

Men and women may not necessarily have the same symptoms associated with heart disease. For example, if a man is having a heart attack, almost always a chest pain is going to be described as bad and crushing, severe, pressure-like. For women, that may just be an intense discomfort or tightness. It may be associated with shortness of breath or fatigue, or even pain in the upper abdomen

[NARRATOR]

Ninety percent of cardiovascular disease is preventable.

[DR. DOWE]

The first thing to know is to know your risk. Find out your family history. Also know your LDL (which is your bad cholesterol), the HDL (which is your good cholesterol), your total cholesterol and triglycerides. If you're diabetic, that has to be treated. Make sure that your blood pressure is controlled. Stay active. Quit smoking or don't be around other people who are smoking to avoid second-hand smoking. Your physician or your provider can help you to lower these risks.

[MUSIC] [NARRATOR]

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