

KNOW THE FACTS

Cardiovascular Disease



ADVANCING THE HEALTH OF WOMEN

Know the Facts About Cardiovascular Disease

- Cardiovascular diseases (coronary heart disease* and stroke) are the leading causes of death for women
- Cardiovascular diseases claim the lives of more women than the next 14 causes of death combined
- It is estimated that 1 in 10 women will develop a cardiovascular disease before the age of 60

Coronary heart disease may be largely preventable.

- Certain factors may increase a woman's risk of developing cardiovascular disease, including:
 - High blood pressure
 - High cholesterol
 - Diabetes
 - Family history of heart disease
 - Estrogen loss at menopause
- Certain lifestyle changes may help to reduce a woman's risk of cardiovascular disease, including:
 - Quitting smoking
 - Eating a well-balanced and diversified diet that is low in fat and high in fiber
 - Remaining physically active or beginning and maintaining a regular program of aerobic exercise. Talk to your healthcare provider before starting a new program
 - Achieving and maintaining a healthy weight
 - Being screened for diabetes, high blood pressure, and high cholesterol

Know the facts. Know your risk factors. See your healthcare provider and discuss screening for cardiovascular disease. For more information, call 800-361-3546 or visit us online at www.pfizerwomenshealth.com.

* Coronary heart disease is the narrowing and hardening of the arteries of the heart (atherosclerosis) caused by a buildup of fatty substances (cholesterol) on the inside walls of the arteries.



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