

Heart Disease is the Leading Cause of Death for African American Women

What We Should Know

Do you know that Heart Disease aka Cardiovascular disease is the leading cause of death among African American women? Here are some facts that we all need to know that can make the difference between life and death.

15% of African American women say they are in fair or poor health, while **11%** of Caucasian women feel they are in fair or poor health.

African American women have higher rates of obesity, high blood pressure, diabetes, stroke, and heart failure.

81.9% of African American women are overweight or obese.

62.5% of African American women do not meet the 2008 Federal Aerobic and Strengthening PA Guidelines for Adults. (consisting of either 150 minutes of moderate leisure-time physical activity per week or 75 minutes of vigorous activity per week).

46.1% of African American women have high blood pressure.

African Americans bear a disproportionate burden of stroke, hypertension-related heart disease, congestive heart failure and renal dysfunction.



Is it a Heart Attack?

How can you tell if you are having a heart attack, stomach indigestion, or simply arthritis pain? There are definite early warning signs and symptoms of heart attacks. Women can experience all, some, a few, or none of these symptoms. Only examination by a doctor, who will administer an electrocardiogram (EKG) and/or a blood test, can confirm if you are having or have experienced a heart attack.

Symptoms to be aware of:

- Discomfort, tightness, uncomfortable pressure, fullness, squeezing in the center of the chest lasting more than a few minutes, or comes and goes
- Crushing chest pain
- Pressure or pain that spreads to the shoulders, neck, upper back, jaw, or arms
- Dizziness or nausea
- Clammy sweats, heart flutters, or paleness
- Unexplained feelings of anxiety, fatigue or weakness – especially with exertion
- Stomach or abdominal pain
- Shortness of breath and difficulty breathing
- Some women mistakenly think only crushing chest pain is a symptom of a heart attack and, therefore, delay seeking medical care.

SOURCES
www.curlynikki.com/heart-disease-is-leading-cause-of-death.html

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