

# HEART AND VASCULAR DISEASE IN WOMEN

## DID YOU KNOW?



Heart and vascular disease is on the rise and is the **#1 killer for women worldwide**.



**Men and women may have different symptoms during a heart attack.** These symptoms may not be recognized in more than half of all women.



Women and men can have **different types of heart and vascular disease**.



**Pregnancy complications and earlier menopause** are some specific risk factors for women.



Women living with diabetes are **3 times more likely to die from heart and vascular disease compared to men**.



There is a lot we can all do to **lower the risk of heart and vascular disease**.



Visit **CWHHA.ca** or talk to your healthcare provider.

#HERHEARTMATTERS



To take care of others, you need to first take care of yourself. **Start the conversation.**

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CANADIAN WOMEN'S  
HEART HEALTH CENTRE

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