

Women More Likely To Die Of Heart Problems

In a study conducted by the American Heart Association, researchers found that heart disease, heart attacks and strokes killed more women than men over the past 25 years, but fewer than one in 10 doctors knew that.

On Feb. 6, the association wanted to get the word out about the No. 1 killer of women through their National Wear Red Day campaign.

Researchers said the study could explain why women were less likely to receive EKGs when they reported chest pains, and were also less likely to be prescribed cholesterol-lowering drugs. The American Heart Association said it hopes these trends will be reversed through community education and the National Go Red Campaign.

Dr. Susan Bennett, of the American Heart Association, said she does not want women to take any chances. "We don't want women to be saying, 'I'm not sure, but you don't need to take care of me right away.' Women need to be sure that they speak out and say, 'Listen, I'm concerned. I think I may be having a heart attack,'" Bennett said.

The No. 1 killer of women is largely preventable. Women can decrease their risk by over 80 percent with exercise and a healthy diet.

