

WOMEN AND HEART DISEASE

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Debunking common myths

⊗ Heart disease is a "Man's Disease"

Heart disease among women is largely underdiagnosed and undertreated.

Women are also more likely to die after a heart attack than man.



⊗ Breast cancer kills more women than Cardiovascular Disease (CVD)

In Singapore, CVD is a leading cause of death among women and kills

6X 

as many women as breast cancer.

⊗ Heart disease symptoms are the same for everyone



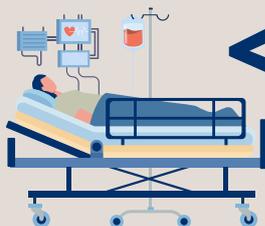
While the most common symptom of CVD in men is chest pain, **the signs of CVD in women are varied** such as upper body pain, nausea, shortness of breath, and breaking out in cold sweat.

⊗ Heart disease does not affect young women

The number of young women

< 55 years old

admitted for heart attack has increased.



Pregnancy complications also increase the risk of heart disease among young women. Pre-eclampsia, gestational diabetes, pre-term birth and early menopause, are associated with up to twofold risk of a cardiovascular outcome.

