USA

A BIG HEARTED NATION

Yet many AMERICANS ARE UNAWARE

HEART DISEASE is the leading cause of death in the U.S.

1. MYTH: Older White American men have the highest rates of heart disease

   **REALITY**
   
   47% Black American Women
   45% Black American Men
   37% White American Men
   31% White American Women
   31% Latino American Men
   31% Latino American Women

   American Heart Association

2. MYTH: Breast cancer is the No. 1 killer of women

   **REALITY**
   
   2008
   420,000 deaths from heart disease
   40,500 deaths from breast cancer

   American Heart Association

3. MYTH: There is nothing I can do about heart disease

   **REALITY**
   
   There are risk factors for heart disease that you CANNOT control: age and family history, but there are risk factors you CAN control:

   - smoking
   - obesity/overweight
   - high blood pressure & cholesterol
   - physical inactivity
   - diabetes

   National Heart, Lung and Blood Institute

Know your risk factors, Talk to your doctor, and Take charge of your heart health.
Is Your Heart Healthy? Find out at YourHeartHealth.com.