

WE KNOW THE...

# USA



A BIG

# HEARTED



# NATION

Yet many

# AMERICANS

ARE UNAWARE

# HEART DISEASE

is the leading cause of death in the



1

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

**REALITY**

American Heart Association

47%



Black American Women

45%



Black American Men

37%



White American Men

34%



White American Women

31%



Latino American Women

31%



Latino American Men

2

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

**REALITY**

American Heart Association

420,000 / 40,500

Nearly 420,000 women died of heart disease, while 40,500 died of breast cancer in the US in 2008

3

**MYTH:** There is nothing I can do about heart disease

**REALITY**

National Heart Lung and Blood Institute

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

**Know your risk factors, Talk to your doctor, and Take charge of your heart health.**

Is Your Heart Healthy? Find out at [YourHeartHealth.com](http://YourHeartHealth.com).



Close the Gap is Boston Scientific's health equity initiative, which aims to eliminate cardiovascular care disparities, helping to ensure all patients receive optimal cardiac care regardless of age, gender, race, ethnicity or primary language. Visit us at [YourHeartHealth.com](http://YourHeartHealth.com).

