

Heart Disease and Stroke



Heart disease and stroke are important health issues for all women. Heart disease is the number one killer of American women, and stroke is fourth. While heart disease is most common in older women, most women between 40 and 60 years old have at least one risk factor for heart disease. The good news is that you can lower your risk for heart disease and stroke at any age.

Heart Disease



- ▶ **Signs of a heart attack**
- ▶ **Heart disease risk factors**

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Stroke



► **Stroke symptoms**

► **Stroke risk factors**

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