

February is Heart Health Month



There is a lot of talk about inequality between men and women, but in one area in particular, women are leading in record numbers: heart disease.



Heart disease is the number one killer of women in the U.S claiming more lives than all forms of cancer combined.

1 in 3 deaths each year are caused by heart disease. That's approximately one woman every minute.



90% of women have one or more risk factors for developing heart disease.

■ No risk factors (10%) ■ One or more risk factors (90%)