

Heart Disease: Not Just a Man's Disease

CLUW peels back the misconceptions about coronary artery disease through its **Spread the Word** awareness campaign, which puts women's heart disease at the "heart" of a national discussion on women's health.

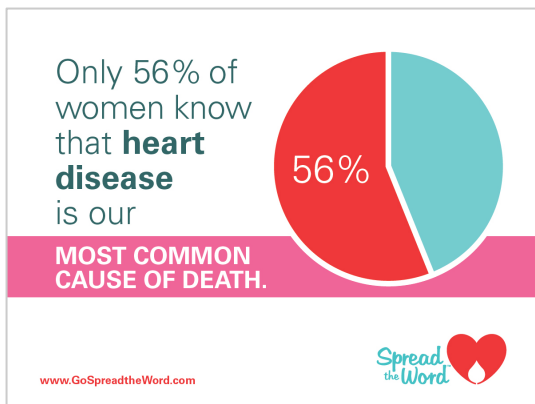
Heart disease is the leading cause of death for women in the U.S. Yet, only 56% of women are aware of this fact.

Coronary artery disease (CAD) is the most common form of heart disease, which is caused by the buildup of fatty deposits in the arteries supplying the heart with blood and oxygen. It is a leading cause of heart attacks, heart failure, abnormal heart rhythm (arrhythmia) and even death.

Women May Not Experience Obvious Symptoms of CAD

Often called the "silent killer," CAD is commonly overlooked by women because we do not experience the typical indicators that men do – shortness of breath or clutching chest pain. Women's symptoms can stem from less serious conditions, like heartburn or stress, when the core problem may actually be from a blockage in her heart arteries or CAD.

Because these symptoms can be easily dismissed, women must listen to their bodies, understand and identify possible red flags, and get to the root of their symptoms.



CAD symptoms women may experience:

- Chest pain, tightness or discomfort
- Generalized weakness, dizziness, or lightheadedness
- Nausea with or without vomiting
- Heartburn, indigestion, or abdominal discomfort
- Awareness of heartbeat
- Tightness or pressure in the throat, jaw, shoulder, abdomen, back or arm
- A burning sensation in the upper body

When it comes to your heart, even the mildest symptoms can be the biggest indicators. See GoSpreadtheWord.com for a discussion guide you can use at your next doctor's visit. The website also provides a **CAD Testing Methods Comparison Chart** to simply outline the pros and cons of each testing method.