



Healthy Her

Top 5 Reasons that Heart Disease Remains Deadly for Women

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1. Delay in Recognition

A woman's symptoms of heart disease may be different from a man's. She may not have crushing chest pain, and shortness of breath. She may just feel tired or worn out. Or may have nausea or back pain. She is also less likely to have an EKG on her record than a man, further delaying care.

2. Delay in Care

Because there is a delay in recognition of a heart attack happening in a woman, the urgent/emergent care needed is often missed in favor of a more cautious and less aggressive approach. This might entail the drawing of labs to review, or even being presumed to be having an anxiety attack.

3. Delay in Identification of Heart Disease as a Top Lifelong Priority for Women

Many people (men and women) do not view heart disease as a threat to women. In fact, breast cancer is often thought to be the biggest threat to a woman's health, when in fact, breast cancer comes in at number 7. Heart disease is the #1 killer of women.

4. Denial that Women's Health is Anything Beyond Reproduction

Women's health has been relegated to just breasts and pelvises and vaginas. But we have all of the other non-reproductive organs as well. However, most women are managed by their OB/GYN's for the majority of their lives, ignoring the other bodily systems until they break down.

5. Dismissal Both Outside and Inside the Healthcare System

The health system is more likely to dismiss a woman having a heart attack and less likely to recognize a woman having a heart attack than a man. That's why the first heart attack of a woman is more often fatal than the first heart attack of a man.

Take a look at this **Stairwell Chronicles** segment for a 60 second recap:

<https://www.instagram.com/reel/DTxv0uEEfx/?igsh=MWE2cjBmMjc1bThqcQ==>

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