

Florida Heart Group Shares Startling Fact About Women And Heart Disease

/EINPresswire.com/ Heart disease is the leading killer of both women and men in the United States, and Florida Heart Group reminds women to prevent heart attack by having a regular checkup.

According to the American Heart Association, 50% of all African-American women and 34% of Caucasian women are affected by heart disease, while Hispanic women face heart disease 10 years earlier than Caucasian women. The death rate among women has fallen at a slower rate than men, the organization adds. As a result, Florida Heart Group, the leading [Florida vascular](#) clinic, recommends all adult women over the age of 20 have their heart's health checked out.



“We want everyone to stay safe at all ages. Unfortunately, heart disease remains the number one killer of women. But, we’d like to do what we can to change that by encouraging preventative action in our patient’s lives,” said the Florida heart hospital CEO Andrew Laverghetta.

Revealing Statistics about Heart Disease

Heart disease affects people with different demographic backgrounds at varying rates. Currently, 3.7% of Caucasians over 20, 5.6% of blacks over 20, and 3.7% of Mexican-Americans over 20 are affected by angina. In addition, 64% of women who suddenly die of coronary heart disease showed no symptoms. Finally, of the 7.5 million women affected by coronary heart disease, 3.1 million have an existing history of heart attack.

Fortunately, women can minimize the chances they are affected by a form of heart disease by seeking [angina treatment](#) and minimizing their risk factors for heart disease. Common risk factors under a woman’s control include:

- Physical activity
- Excessive weight
- Smoking
- High blood cholesterol

In order to keep their heart in good condition, women can make a number of lifestyle changes, including:

Stopping smoking, which includes encouraging any in their household who might be smoking
Eating a healthy diet, which at a very basic level means eating foods high in vitamins, minerals, and fiber, but low in calories. Diets rich in vegetables, fruits, whole grains, and lean proteins lead to the most long-term success.

Reducing blood cholesterol, which is typically done by engaging in regular physical activity and

reducing saturated fat, trans fat, and cholesterol intake.

Engaging in physical activity every day, and experts recommend at least 30 minutes of physical activity for five days per week. Levels as low as 10 minutes per day have been shown to reduce premature death rates in men and women.

Reducing stress, as people who are under high levels of stress are more likely to overeat, smoke, or begin smoking.

Limiting alcohol intake, with moderate amounts of alcohol actually reducing heart disease risk. Non-drinkers and light drinkers, however, should not increase the alcohol they drink.

Florida Heart Group recommends all women over the age of 20 to have their heart's health checked regularly. The [Florida cardiology](#) practice is open weekdays 8:30 a.m. to 5:30 p.m. and can be contacted via phone at (407) 894-4472.

ABOUT FLORIDA HEART GROUP: Florida Heart Group was founded in 1979 and has since become the leading provider of heart disease diagnosis, treatment, and prevention. The practice has 19 cardiologists dedicated to specializations such as Diagnostic Imaging, Women's Heart Disease, Interventional Cardiology, Adult Congenital Heart Disease, Interventional Cardiology, and Heart Failure. The organization also has a vein treatment center offering procedures such as ambulatory phlebectomy, endo venous laser ablation, compression stockings, and ultrasound guided sclerotherapy. Florida Heart Group can be followed on Twitter, Facebook, and their blog.

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