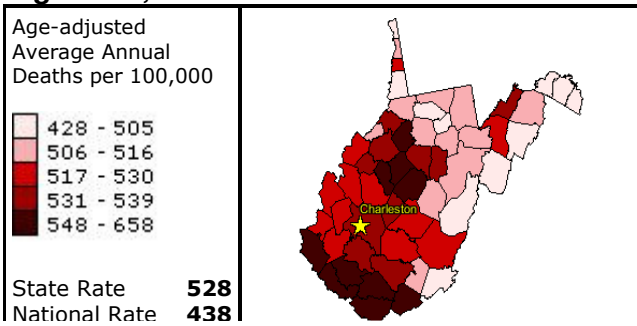




## Women and Cardiovascular Disease State Facts: West Virginia

- Heart disease, stroke and other cardiovascular diseases are the #1 killer of women in West Virginia.
- Heart disease, stroke and other cardiovascular diseases accounted for 41.4% of all female deaths in West Virginia from 1999-2003.
- About 12 females a day died in West Virginia from cardiovascular diseases from 1999-2003.
- Heart disease and stroke killed more females in West Virginia than the next 4 causes of death combined in 2003.
- Heart disease alone is the leading cause of death in West Virginia, accounting for 31.1% of all female deaths in West Virginia from 1999-2003.

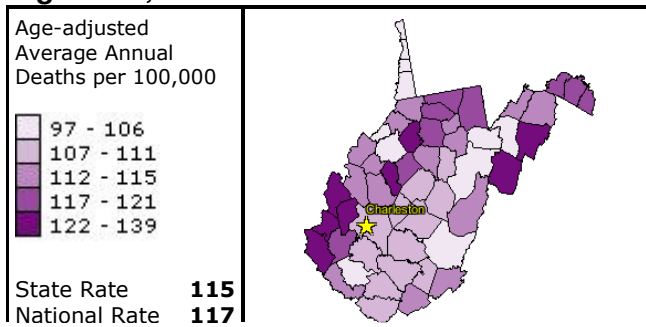
### Heart Disease Death Rates, All Women, Ages 35+, 1996-2000



- Stroke is the #3 cause of death among females in West Virginia.
- From 1999 to 2003, stroke accounted for 7.3% of all female deaths in West Virginia.

Sources: West Virginia Bureau of Public Health 1999-2003 Statistics, Centers for Disease Control and Prevention state maps and 2003 WISQARS mortality data, American Heart Association *Heart Disease and Stroke Statistics-2006 Update*.

### Stroke Death Rates, All Women, Ages 35+, 1991-1998



- From 1999 to 2003, 54.3% of the total number of cardiovascular disease deaths in West Virginia residents occurred in females.
- In the United States, the estimated direct and indirect cost of cardiovascular diseases for 2006 is estimated to be \$403.1 billion.

### Lori Young — West Virginia Survivor

Lori Young of St. Albans, W.Va., had a toothache. Her arm hurt, she had pain between her shoulder blades — and she had fatigue that never went away. Sleeping more, eating better and even walking a little every day didn't help. She had tests and visited numerous doctors but they found nothing significant. She was just 39 years old, but she began to wonder: Could the problem be with my heart?

After each doctor's visit, Lori thought that if the doctors didn't mention her heart then she wouldn't either. All of them knew her strong family history of heart disease and her own high cholesterol, but Lori always thought that her hormones protected her from heart disease.

Finally, after abnormal results from a stress test, she underwent a heart catheterization. It revealed that she had 100 percent blockage in a main artery feeding the heart and two other blockages of 50 percent and 60 percent. She said she doesn't need open-heart surgery at this time because her heart had made its own bypasses naturally in a process called angiogenesis (growth of new blood vessels).

Lori hopes that sharing her story will encourage all women, no matter their age, to treat heart disease as a serious problem and to be their own advocate with healthcare providers. Lori's experience shows why the American Heart Association and its volunteers are advocating for more research, education and screening to help prevent and cure heart disease, stroke and other cardiovascular diseases, the No. 1 killer of women in West Virginia and the United States.