



A focus on women’s heart health and lowering heart disease risk

February is American Heart Month — the perfect time to focus on heart health and preventing heart disease, which is the leading cause of death for American women.

According to the American Heart Association, heart disease kills one woman every 80 seconds in the United States. And half of all women who experience a heart attack have no warning signs and only subtle symptoms. “Unfortunately, this has led to worse outcomes in women with heart disease compared to men,” says cardiologist Marcella Calfon Press, MD, PhD, co-director of [UCLA Women’s Cardiovascular Health Center](#).

Knowing your risks and making good lifestyle choices are the first steps to staying heart healthy. Whether you’re just starting to prioritize your heart health or fell into some bad habits during the pandemic, now’s the time to get on track.

UCLA Health experts from the Women’s Cardiovascular Health Center recently recorded a panel discussion that covers the latest research on heart disease and how to prevent it.

Expert tips on lowering heart disease risk https://connect.uclahealth.org/2022/02/04/ucla-experts-discuss-womens-heart-health-and-managing-risk-factors/?utm_campaign=20220216_Newsletter_HeartHealth&utm_medium=email&utm_source=Eloqua&elqcontactid=466588

Watch the video webinar <https://uclahealth.rev.vbrick.com/#/videos/30d49f6a-2874-45b1-b209-5ae46cebc40a?startAt=00m00s>