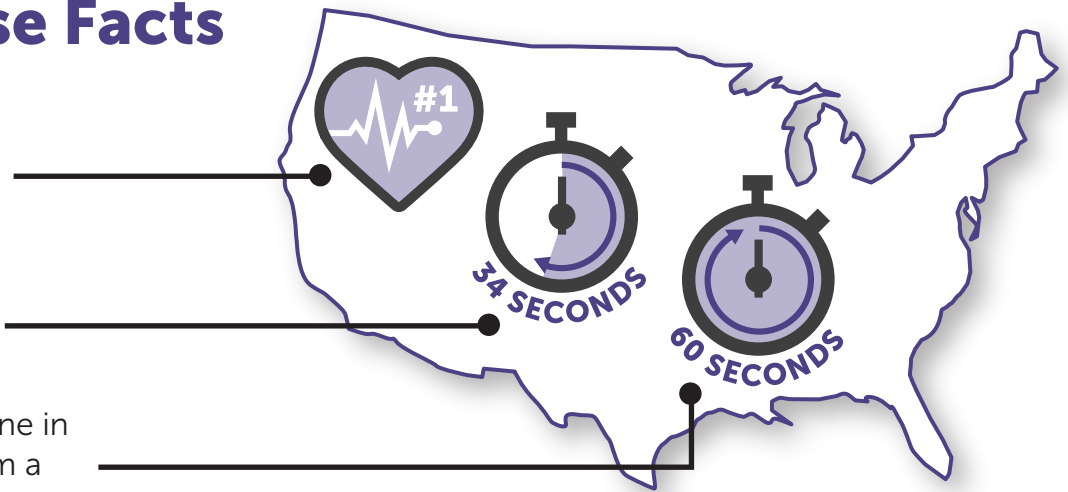


# Heart Disease Facts

Heart disease, stroke and cardiovascular disease is the **#1 cause of death** in the United States.

Someone has a heart attack every **34 seconds**.

Every **60 seconds**, someone in the United States dies from a heart disease-related event.



## Women's Facts:

- Every minute, approximately one woman dies from heart disease
- Heart disease is the #1 killer of women and is more deadly than all forms of cancer combined
- 90% of women have one or more risk factors for developing heart disease or stroke



## Men's Facts:

- Heart disease is the leading cause of death for men in the United States
- Half of the men who die suddenly of coronary heart disease have no previous symptoms. Even if you have no symptoms, you may still be at risk for heart disease
- Between 70% and 89% of sudden cardiac events occur in men

Be sure to get an annual check-up to make sure you're not at risk. If you are, talk to your provider about steps you can take to lower your risk of serious heart disease conditions.

Sources:

[www.CDC.gov](http://www.CDC.gov)

[www.theheartfoundation.org](http://www.theheartfoundation.org)

MeridianComplete is a health plan that contracts with both Medicare and Michigan Medicaid to provide benefits of both programs to enrollees.