



# Wise Regional Health System

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**FOR IMMEDIATE RELEASE**  
January 26, 2011

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## **GO RED FOR WOMEN DAY IS FEBRUARY 4**

### **Wise Regional Raises Awareness About Heart Disease Risk**

**Decatur, TX** – Wise Regional Health System in conjunction with the American Heart Association urges Wise County to join us in wearing red on Friday, February 4 to promote awareness of heart disease. Too few people realize that heart disease is the No. 1 killer of women (and men), but the good news is heart disease can often be prevented.

Wear Red Day is an important part of the American Heart Association's Go Red For Women movement, a program that builds awareness, urges women to take concrete actions to reduce their risk of heart disease.

Spreading the Go Red For Women message raises awareness of heart disease and empowers women to reduce their risk.

#### **Top 10 Heart Facts:**

- Heart disease is still the No. 1 killer of women age 20 and over, killing approximately one woman every minute.
- More women die of cardiovascular disease than the next four causes of death combined, including all forms of cancer.
- In fact, while 1 in 30 American women die of breast cancer, about 1 in 3 die of cardiovascular disease.
- Still, only 1 in 5 women believes that heart disease is her greatest health threat.
- Ninety percent of women have one or more risk factors for developing heart disease.
- Eighty percent of cardiac events in women could be prevented if women made the right choices for their hearts involving diet, exercise and abstinence from smoking.
- Hispanic women are likely to develop heart disease 10 years earlier than non-Hispanic white women.
- More than 8 percent of Hispanics age 18 and older have heart disease.
- African-American women are at greater risk for heart disease, stroke and other cardiovascular diseases than Caucasians.
- African-American females have higher death rates from heart disease, stroke and other cardiovascular diseases than white females.

For more information about the Go Red for Women campaign, please visit [www.goredforwomen.org/](http://www.goredforwomen.org/)