

Busting 5 Myths About Women & Heart Disease

You deserve the facts. This Women's Health Month, let's bust the biggest myths about heart health — and show you just how much power you have to improve it.



MYTH 1

“Heart disease mostly affects men.”



FACT

Heart disease is the leading cause of death in women — but it doesn't have to be.



WHAT TO DO

Keep tabs on your blood pressure, cholesterol, and resting heart rate.

MYTH 2

“I'm too young to worry about heart disease.”



FACT

Heart risks can start earlier than most people realize — sometimes as early as your 20s.



WHAT TO DO

Prioritize rest, daily movement, a balanced diet, and stress relief. Small changes can make a big difference.

MYTH 3

“I'd know if something was wrong with my heart.”



FACT

Heart issues don't always come with a dramatic warning sign — especially for women.



WHAT TO DO

Check your blood pressure regularly, and if something feels off, see a doctor.

MYTH 4

“I can't have heart disease because I'm in good shape.”



FACT

Even if you're active or appear healthy, you could still have hidden risk factors like high cholesterol or elevated blood pressure.



WHAT TO DO

Don't skip your annual screenings. Looking healthy doesn't always mean being healthy.

MYTH 5

“Heart attacks look the same in men and women.”



FACT

Women often experience different heart attack symptoms from men.



WHAT TO DO

Learn the signs unique to women: fatigue, nausea, shortness of breath, or pain in the jaw, neck, or back.