



## THE INSTITUTE OF WOMEN'S HEALTH OF NORTH AMERICA TO PARTICIPATE IN THE HEART TRUTH

The Institute of Women's Health of North America and its CEO and Chief Research Officer Dr. Abdul Rao have received funding from the Office on Women's Health, U.S. Department of Health & Human Services to participate in the Heart Truth; a national awareness and prevention campaign about heart disease in women sponsored by the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health of the U.S. Department of Health and Human Services.

Heart disease is the leading cause of death in women. One in three deaths in women are due to heart disease whereas one in 30 women die of breast cancer. Despite of these alarming statistics, American Heart Disease survey has concluded that only 34% of women knew that heart disease is their leading cause of death. The fact is that more women die of heart disease than all forms of cancer combined. Furthermore, it can be a cause of significant disability in women. The risk of heart disease is much higher in African American and Hispanic women as compared to their Caucasian counterparts.

Some of the known risk factors which increase the incidence of cardiovascular disease in women include obesity, smoking, physical inactivity, high blood pressure, low levels of high density lipoproteins, diabetes, family history of premature heart disease, and age (> 55 years). Interestingly many of these risk factors could be minimized by therapeutic lifestyle changes in women.

Dr. Abdul Rao, CEO and Chief Research Officer of the Institute of Women's Health of North America will be conducting numerous educational workshops and town hall meetings at various affiliated campuses of the Institute in the next 6-8 weeks. These forums will be largely geared towards healthcare professionals, community leaders and general public to enhance the awareness of heart disease in women and what can be done to reduce its risk in our community. Dr. Rao will also be engaging the audience in some hands-on training which will enhance their ability and knowledge to serve as a spokesperson for heart disease in women.

The Heart Truth is a nation-wide effort which involves men and women from all walks of life and status. It is paired with an arresting visual - the Red Dress - designed to warn women that heart disease is their number one killer. It is also symbolic of endowing women with the knowledge that they need to make changes in their lifestyle to reduce their risk of heart disease.

To learn more about the events that are being sponsored by the Institute of Women's Health of North America in your community, visit our website: [www.iwhna.org](http://www.iwhna.org) or send us an e-mail at [info@iwhna.org](mailto:info@iwhna.org)

**The Institute of Women's Health of North America, Inc.**, is a non-profit 501(c)(3) organization established in the State of Florida in 1997. Its mission is to improve women's health through outstanding clinical care, cutting-edge clinical and behavioral research, education and community outreach. It has affiliated [campuses](#) in six cities in Florida and is planning to extend its services to other underserved areas in the state and the nation. It depends on the benevolence of its donors for accomplishing its mission and vision. We encourage you to visit our website and donate generously to our cause - **BRIDGING THE DISPARITY IN WOMEN'S HEALTH CARE**. To learn more about IWHNA, please visit our website: [www.iwhna.org](http://www.iwhna.org)