

HEADLINE: STATEMENT BY HHS SECRETARY TOMMY G. THOMPSON REGARDING NATIONAL WOMEN'S HEALTH WEEK, MAY 11 to MAY 17.

American women are living healthier lives and longer than ever before. Life expectancies for women in this country are at an all time high. Advances in research and new medical treatments save the lives of millions of women every year.

Yet despite these successes, too many women across the country still suffer and die from serious illnesses that could be avoided if they took simple, proactive steps to monitor and improve their health. That's an important fact that we at the Department of Health and Human Services want to highlight during National Women's Health Week, which runs from May 11 to May 17.

As this observance begins, we are encouraging women to schedule an appointment with their doctor or other health care provider for a check-up. A simple yearly physical can help identify risk factors for many diseases and detect some diseases early enough to make successful treatment more likely.

When going in for a physical, women should ask about the appropriate screenings for [heart disease](#), [stroke](#), [diabetes](#), [cancer](#) and [sexually transmitted diseases](#). The health care professional can offer advice on which screenings are appropriate, depending on a woman's age, medical history and lifestyle. If a cause for concern is found, health care providers can offer advice on how to reduce risks and identify the most appropriate treatment options.

But just going in to "see the doctor" won't guarantee better health. There are simple things women can do every day to reduce their risk of many of the most threatening health problems, including heart disease, stroke, diabetes and cancer. Heart disease, which is linked to both obesity and smoking, is the number one killer of American women. Don't smoke, and if you do, take steps to quit now by talking to your doctor about the many effective strategies and medicines that can help. See your doctor regularly, and be sure to eat 5 to 9 servings of fruits and vegetables each day. Also, be sure to exercise for at least 30 minutes at least five days of the week.

The goal of National Women's Health Week is to encourage women to lead healthier lifestyles. Getting regular check-ups, eating right and getting enough exercise can add years to your life. We encourage all women to take these simple steps for a longer, healthier and happier life.

Dental Hygienists Against Heart Disease is sponsoring this public awareness program to support National Women's Health Week. Dental Hygienists should become familiar with the general health risk factors that put our clients at increased risk. By doing this, we can do our best to live a healthy life, and teach our clients and families about such a lifestyle. Dental hygienists should screen for these risk factors while taking a medical history. [Click here for a medical history update form that includes a risk assessment for cardiovascular disease.](#)



WomenHeart WomenHeart.org

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**the National Coalition for
Women with Heart Disease**



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Prevalence:

- 8,000,000 American women are currently living with heart disease - 10% of women ages 45 - 64 and 25% age 65 and over.
- 6,000,000 of women today have a history of heart attack and/or angina or both. Nearly 13% of women age 45 and over have had a heart attack.
- 435,000 American women have heart attacks each year; 83,000 are under age 65 and 9,000 are under age 45. Their average age is 70.4.
- 4,000,000 women suffer from angina, and 47,000 of them were hospitalized in 1999.

Mortality:

- Heart disease is the leading cause of death of American women and kills 32% of them.
- 43% of American women, or nearly 500,000, die each year of cardiovascular disease (heart disease and stroke).
- 267,000 women die each year from heart attacks, which kill six times as many women as breast cancer.
- 31, 837 women die each year of congestive heart failure, or 62.6% of all heart failure deaths.

At-Risk:

- The age-adjusted rate of heart disease for African American women is 72% higher than for white women, while African American women ages 55-64 are twice as likely as white women to have a heart attack and 35% more likely to suffer from coronary artery disease.
- Women who smoke risk having a heart attack 19 years earlier than non-smoking women.
- Women with diabetes are two to three times more likely to have heart attacks.
- High blood pressure is more common in women taking oral contraceptives, especially in obese women.
- 39% of white women, 57% of black women, 57% of Hispanic women, and 49% Asian/Pacific Islander women are sedentary and get no leisure time physical activity.
- 23% of white women, 38% of black women, and 36% Mexican American women are obese.

Compared with Men:

- 38% of women and 25% of men will die within one year of a first recognized heart attack.
- 35% of women and 18% of men heart attack survivors will have another heart attack within six years.
- 46% of women and 22% of men heart attack survivors will be disabled with heart failure within six years.
- Women are almost twice as likely as men to die after bypass surgery.
- Women are less likely than men to receive beta-blockers, ACE inhibitors or even aspirin after a heart attack.
- More women than men die of heart disease each year, yet women receive only:
 - 33% of angioplasties, stents and bypass surgeries

- 28% of implantable defibrillators and
- 36% of open-heart surgeries
- Women comprise only 25% of participants in all heart-related research studies.

Statistics compiled from:

National Center on Health Statistics; National Heart, Lung and Blood Institute; and American Heart Association's 2002 Heart and Stroke Statistical Update, which may be viewed online at: http://www.americanheart.org/downloadable/heart/10148328094661013190990123HS_State_02.pdf

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CLIENT'S NAME _____

Last

First

Date of Birth

Have there been any changes in your medical history since your last dental visit? Yes/No

| | |
|---|--|
| <p>Comments:</p> <p>Client: Include medications, medication changes, major illnesses, hospitalizations, operations, pregnancy, diet changes, allergies, high blood pressure, diabetes, or heart disease.</p> | <p>Comments:</p> <p>Staff: Include monitoring of blood pressure, diet counseling along with increased physical activity, and smoking status. Offer smoking cessation and document response.</p> |
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RISK ASSESSMENT FOR CARDIOVASCULAR DISEASE (CVD)

This risk assessment is designed to identify clients who are at high risk of developing cardiovascular disease. If two or more risk factors are identified, including periodontal disease, refer the client to an appropriate medical provider for further evaluation. Use only as a screening tool, and not to make a diagnosis of cardiovascular disease.

1. **Age?** _____ (Higher risk: Women: >55 years old, Men: >45 years old)
2. **Do you smoke or live or work with others who smoke tobacco daily?** _____ (Answer yes if you have smoked any tobacco in the past month or have been exposed to passive (secondhand) smoke.)
3. **Have you been told your blood pressure is too high ($\geq 140/90$ mm Hg)?** _____ (Optimum: 120/80 mm Hg
Systolic HBP: 130-139/85-89 mm Hg; Stage 1 HBP 140-159/90-99 mm Hg, Stage 2 HBP 160-179/100-109 mm Hg, Stage 3 HBP $\geq 180/\geq 110$ mm Hg)
4. **Is your cholesterol level 240 mg/dL or higher?** _____ (Desirable: TC<200 mg/dL, LDL <100 mg/dL, HDL ≥ 60 mg/dL)
5. **Is your diet too high in fat?** _____ (Fat intake of $\leq 30\%$ of total calories in your daily diet is desirable)
6. **Is your fasting blood sugar level 126 mg/dL or higher?** _____ (Desirable: 70-110 mg/dL, Borderline: 111-125 mg/dL)
7. **Do you have diabetes or have a family history of diabetes?** _____ (Parent, brother or sister who has diabetes)
8. **Do you have heart disease?** _____ (Include type and history of heart attack or stroke, and date of event(s))
9. **Do you have a family history of heart disease?** _____ (Father/brother had heart attack before age 55; mother or sister had a heart attack before age 65; mother, father sister, brother or grandparents had a stroke)
10. **Are you fairly inactive? Do you exercise fewer than 3 times a week?** _____ (Include walking as exercise)
11. **Are you overweight according to the BMI?** _____ (Normal weight: 18.5-24.9, Overweight: 25-29.9, Obese: 30 or greater)

Date

Client signature

MEDICAL HISTORY UPDATE

