

Mayo Clinic Minute

3 things women should know about heart disease

Video	Audio
Amy Pollak, M.D. Cardiovascular Disease Mayo Clinic	All women face the threat of heart disease, which is the leading cause of death in the U.S. Mayo Clinic cardiologist Dr. Amy Pollak says there are many important things women should know about cardiovascular disease, but here are the top three. "First one is to know your risk factors — you know, if you have a family history of heart disease, stroke or peripheral arterial disease."
	Second, know what your numbers are in terms of cholesterol and blood pressure. And if they're high, take steps to get them under control.
	"The last part is to know if you have any risk factors that are something related to another medical condition you have. So people who have had history of autoimmune or inflammatory conditions, if you've had prior treatment, including radiation or chemotherapy, because all of this factors into your potential risk for heart disease."
	Dr. Pollak adds that nontraditional risk factors, like problems with high blood pressure or diabetes during pregnancy, also can make women more likely to get heart disease.
	For the Mayo Clinic News Network, I'm Jason Howland.