

**Mayo Clinic Minute: Heart disease in African American women**

<b>Video</b>	<b>Audio</b>
	"Each year, more African American women die from heart disease than breast cancer, lung cancer and strokes combined."
	What are the factors that increase their risk of developing heart disease?
<b>LaPrincess Brewer, M.D. Cardiovascular Medicine Mayo Clinic</b>	"African Americans have the highest hypertension rates in the world. And African American women are also the least physically active group of women in the United States."
	Dr. LaPrincess Brewer, a Mayo Clinic cardiologist, says African American women face a higher burden of negative social determinants of health.
	"These include chronic stress related to factors like food insecurity, systemic racism, the wealth gap and socioeconomically disenfranchised communities, ..."
	... which can prevent them from living a healthy lifestyle and controlling many of the heart disease risk factors.
	It's important these health disparities are addressed on community and societal levels. Dr. Brewer said it's also going to take interventions from the individual.
	"I truly, truly recommend that African American women be diligent to protect their own hearts and also to take time for themselves. So self-care really does matter."
	Being active, managing blood pressure and eating healthy are all things women can do to achieve ideal heart health.
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.