

# HEALTH CONNECT

CHIPPEWA VALLEY HOSPITAL NEWSLETTER



**Chippewa Valley Hospital**  
and Oakview Care Center

A member of Adventist Health System

*Get enough sleep.  
Eat a balanced diet.  
Be physically active.  
Find balance in your life.*



NOVEMBER 2009

VOLUME 2, ISSUE 11



*Today women are more active than ever before, running everything from corporations to households, pursuing personal dreams, connecting with loved ones and more. They need to stay healthy to tackle all that. This newsletter explores the biggest health challenges women face and offers tips on how to ensure long-term vitality.*

## We've All Got To Have Heart

Think only men need to worry about heart disease? Think again.

Heart disease is an equal opportunity killer and it's the leading cause of death for both men and women.

The term is often used interchangeably with cardiovascular disease, which refers to abnormal function of the heart and blood vessels. Narrowed

or blocked blood vessels are generally the culprits here, and this is what puts people at increased risk for heart attacks, heart failure, stroke and cardiac rhythm problems.

According to the American Heart Association, one out of three adult women has some form of cardiovascular disease.

Build-up of fatty plaque along the arteries and hardening of the arteries are common precursors to cardiovascular disease.

These precursors are caused by an unhealthy diet, lack of exercise, being overweight and smoking. Chest pain, shortness of breath, lightheadedness and pain or numbness in arms and legs are common symptoms of heart disease.

Although medicine has made great strides in treating heart disease, prevention is a better option. Know your risk factors and work with your doctor to keep your heart pumping out a healthy beat.

## Look After Your Lungs

Despite progress in combating cancer, there's one important area where the numbers are going in the wrong direction – women and lung cancer.

Between 1990 and 2003, new cases of lung cancer in American women increased by 60 percent, while the rate for men stayed the same.

Many experts attribute this hike to an increase in the number of women who smoke.

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