

Sunday Morning

Health Corner

Women and Heart Health

Nearly 60% of Black women over age 20 have heart disease. Most don't know it. Ultimately, heart disease will kill more than 50,000 Black women this year.

The causes include lack of information, ignorance of family health history, smoking, bad diet, and not enough physical activity.

Also, recent studies suggest that Black people who experience racism in employment, housing and interactions with police may be at 26% higher risk.

Eliminating racism is not within our control, but we can take steps to protect our heart health:

- Screen for cholesterol and blood pressure levels
- Reduce intake of salt and sodium
- Increase daily physical activity

For more information, see this [interview](#) with a leading Black cardiologist.



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