



TEXAS HEART[®] INSTITUTE

at St. Luke's Episcopal Hospital

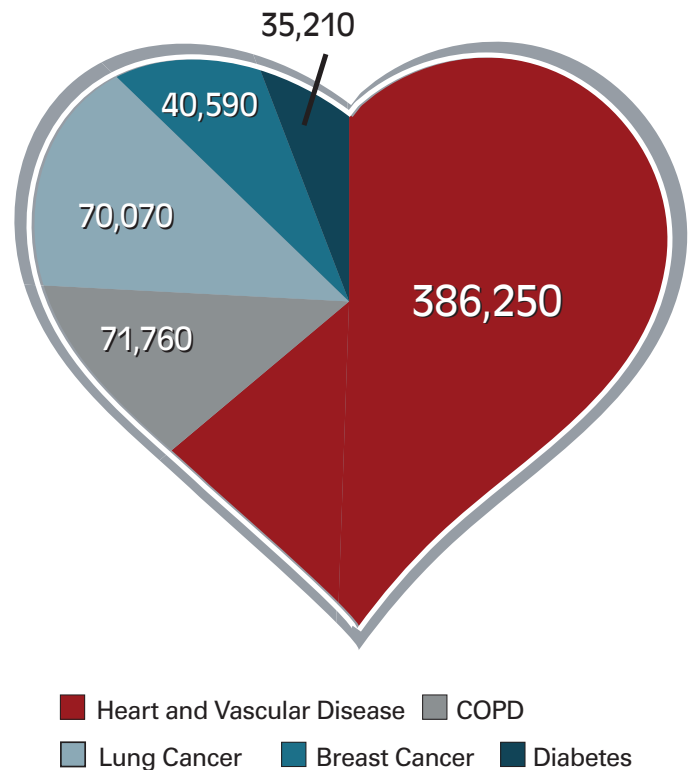
The Center for

WOMEN'S HEART & VASCULAR HEALTH

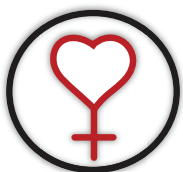
While heart and vascular disease is the number one killer of women, at least **80% of it is preventable.**

This means you can take steps to change—and beat—your odds of dying from it, or having your quality of life ruined by it.

Leading Causes of Death for American Women



Adapted from National Center for Health Statistics, 2008.



For more detailed information on what you can do to beat the odds, visit the Texas Heart Institute's healthy heart guide at www.texasheart.org/women.