



**Women’s Health with Dr. Minoos Hosseinzadeh**  
**The Number One Killer of Women – “What You Need to Know”**

Coronary heart disease, commonly referred to as heart disease, occurs when the coronary arteries that supply blood to the heart muscle become narrowed due to plaque build-up. As the plaque builds up, the flow of blood to the heart muscle is decreased, thus preventing necessary oxygen and nutrients from getting to the heart and possibly causing a heart attack. What is important to remember is this is a lifelong condition and once contracted, the disease worsens over time. Therefore, prevention is key.

**Heart disease is the number one killer of women in the United States.**

That means one in four women in the United States will die of heart disease. Compare that to the one in 30 women that die as a result of breast cancer. Within one year after experiencing a heart attack, 23 percent will die. Approximately 46 percent of women will be disabled with heart failure within six years of a heart attack. Although heart disease does not discriminate between men and women – being the leading cause of death between both genders – women with heart disease are more likely to die from it than their male counterparts. Often preventive measures are not taken because women are less likely to have chest pain during an attack and more often present with atypical symptoms. Women with chest pain also wait longer to seek medical advice, which is why it is that much more important to recognize common symptoms:

- Chest pain is the most common symptom in both men and women, although women often describe their chest pain as pressure, tightness or “an ache.” This can be mild to severe, and may come and go.
- Other symptoms include: back, neck, jaw or arm pain; nausea; vomiting; indigestion; weakness; fatigue; dizziness; lightheadedness; shortness of breath; cold sweats and/or anxiety.
- The most important thing to do is to seek immediate help. Ideally, treatment should begin within one hour of the first symptom.
- If any symptoms of a possible heart attack present and last up to five minutes, call 911 right away.

**Recognize the Risk Factors – And Ways to Modify Them**

There are two types of heart disease risks: those that cannot be changed and those that can be controlled. While those age 55+ with a family history of early heart disease are among those risks which cannot be changed, those factors that can be controlled include smoking habits, high blood pressure, obesity, diabetes, high cholesterol and physical inactivity. For obesity, consult an online Body Mass Index (BMI) calculator (<http://www.nhlbisupport.com/bmi>). For blood pressure and cholesterol, refer to the following charts:

<b>Blood Pressure</b>	<b>Systolic (mmHg)</b>	<b>Diastolic (mmHg)</b>
Normal	Less than 120	Less than 80
Prehypertension	120-139	80-89
Hypertension	140 or higher	90 or higher

<b>Cholesterol Levels</b>	<b>Desirable (mg/dL)</b>	<b>High or Abnormal (mg/dL)</b>
Total Cholesterol	Less than 200	240 or greater
LDL - (bad cholesterol)	Less than 100	160 or greater
HDL - (good cholesterol)	Greater than 60	Less than 40

There are a number of things men and women can do on their own to lower the risk of heart disease, including eating right, engaging in daily exercise and refraining from smoking. As always, it's important to be evaluated by your physician for adequate testing and any necessary medications.

**OCPC Readers:** Email questions to *Women's Health with Dr. Minoos Hosseinzadeh* at [DrMinoos@OCPCmagazine.com](mailto:DrMinoos@OCPCmagazine.com).

Dr. Minoos Hosseinzadeh is a nationally recognized specialist in reproductive endocrinology at the largest and most-established locally-based fertility center in Orange County, Calif., Coastal Fertility Medical Center (<http://www.coastalfertility.com>). Double-board certified in Obstetrics and Gynecology and Reproductive Endocrinology & Infertility, she is also a member of the American Society of Reproductive Medicine, Society for Reproductive Endocrinology and Infertility, American College of Obstetrics and Gynecology and the Royal College of Physicians and Surgeons. She has presented at several national and international fertility meetings and authored numerous papers on hormone replacement therapy and age-related female infertility.

Minoos Hosseinzadeh, MD, Coastal Fertility Medical Center  
4900 Barranca Pkwy., Ste. 103, Irvine, CA 92604  
949.726.0600, [www.CoastalFertility.com](http://www.CoastalFertility.com)