

# Five things every woman should know about heart health (w/ Video)

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(PhysOrg.com) -- Nearly 5,000 women in the U.S. die from heart disease each year. It is the number one killer of all women. However, women who have heart attacks tend not to seek help from doctors as quickly as men do.

Nearly 500,000 women in the U.S. die from [heart disease](#) each year. It is the number one killer of all women. However, women who have heart attacks tend not to seek help from doctors as quickly as men do. Women often wait an hour longer than men to seek help, and that hour can sometimes be too late.

Dr. Paula Miller, [Cardiac Rehabilitation](#) Director of the UNC Heart Center, says it's time that women take heart and take care of their cardiovascular health. In this video, she explains five things every woman should know about [heart health](#).

Provided by University of North Carolina at Chapel Hill School of Medicine

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