Heart disease remains No. 1 cause of death despite awareness increase

Heart disease attacks are twice as deadly as breast cancer and make up a third of the cause of death, but awareness is increasing. These days, you can’t read a health magazine or pick up a health-related news report without seeing a story about heart disease – or hear from friends and family about the impact heart disease has had on their lives.

While related to these condi-
tions, the causes of obesity are different. Despite the obesity epidemic, most Americans realize that they have to lead healthier lives to prevent diabetes and most of us know that selling your own insurance can lead to high blood pressure and diabetes. But the causes of diabetes are complicated and are not as well understood by most people. Women often think heart cancer is the cause of heart disease that, but 10 times as many women die of heart disease in the United States. Women also consider breast cancer as the cause of heart disease. To be aware is fine, but knowing why it happens is more important. Heart health is more of a personal issue to treat, and therefore, fewer self than breast disease.

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