

Heart disease has long been thought of as a men's issue, when it is actually the leading cause of death in both men and women. In fact, since 1984, more American women than men have died of heart disease. Are you surprised? Often at the helm of their family's overall health, diet, and nutrition, a woman and her lifestyle decisions can affect not only her own wellbeing; they can determine the habits of her partner and children as well. By becoming better educated, a woman can have a profound, permanent impact on the health of the people around her..An Ageless Woman's Guide to Heart Health is every woman's guidebook to enjoying a heart-healthy life. Renowned cardiologist Dr. Lisa Jackson shares tips and resources to help you make positive steps toward improving your health. Whether you're younger or older, fit or ailing, it's never too late to make changes in your life that can lead you—and those you love—to a healthier heart.

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