Women's Health Monthly
Newsletter from the OHSU Center for Women's Health

Be heart healthy. Know your numbers.

Heart disease is the leading cause of death for women (and men) in the US. And many of these deaths are preventable.

Cholesterol, body mass index and blood pressure are a few key indicators of your risk for heart disease. By knowing your numbers, you can make lifestyle changes that can help you be heart healthy.
Women's heart attacks are different from men's. What you need to know.

According to a new scientific statement from the American Heart Association, a woman's heart attack can have different causes, symptoms and outcomes compared to men. When these symptoms and risk factors aren't treated early, they can be life-threatening.

Heart health (and more) events this month

**American Heart Association events**
6 - [Portland Wear Red Day Celebration](#)
20 - [2016 Portland Heart & Stroke Ball](#)

**OHSU lectures and events**
9 - [Beer, Chocolate and Heart Failure](#)
16 - [Women & Heart Disease: Know the Facts](#)
18/25 - OHSU Heart Month: [Free Screenings](#)

**Other good stuff**
11 - [BabyTalk](#) with OHSU Fertility Experts
13 - OMSI After Dark: [The Science of Sex and Love](#)

And don't forget to [check us out on Facebook](#) for heart healthy tips, upcoming events and encouraging stories from women fighting against heart disease.
You may know Barbra Streisand as a legendary entertainer, but did you know she is also a long-time advocate for women's heart health? Streisand co-founded the Women's Heart Alliance with Ronald O. Perelman after she learned about the gender disparity in heart disease research.

Read more about Streisand's work