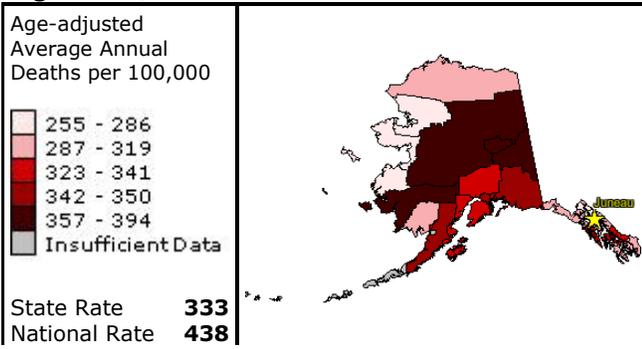




## Women and Cardiovascular Disease State Facts: Alaska

- Heart disease, stroke, and other cardiovascular diseases are the #1 killer of women in Alaska.
- Heart disease and stroke accounted for 26.5% of all female deaths in Alaska in 2003.
- One female a day died from heart disease and stroke in Alaska in 2003.
- Heart disease alone was the second leading cause of death in Alaska in 2003, accounting for 18.6% of all female deaths that year.

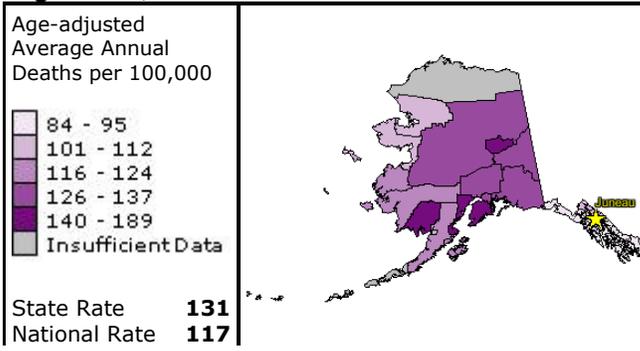
### Heart Disease Death Rates, All Women, Ages 35+, 1996-2000



- Heart disease cost Alaska \$322 million in hospitalizations alone, while stroke hospitalizations cost Alaska \$30 million in 2004.
- In 2003, 45% of all heart disease and stroke deaths in Alaska occurred in females.

Sources: Centers for Disease Control and Prevention state maps and WISQARS 2003 state mortality data, Alaska Department of Health and Social Services: *The Burden of Cardiovascular Disease in Alaska* (2004).

### Stroke Death Rates, All Women, Ages 35+, 1991-1998



- Stroke is the # 3 cause of female death in Alaska.
- Stroke accounted for 7.9% of all female deaths in Alaska in 2003.

### Debi Fowler — Alaska Survivor

Anchorage, Alaska, resident Debi Fowler, 50, survived a heart attack. After being seen by her healthcare provider for six months of unexplained sickness and fatigue and with the knowledge that she has a strong family history of heart disease, Debi's two visits to the emergency room proved to be frustrating. On her first visit, the physicians in the emergency room diagnosed her symptoms as "stress" and sent her home. She persisted on a second visit, which confirmed she was having a heart attack.

Debi wants others to be vocal and persistent with their doctors if they suspect they are having heart attack symptoms. She also wants to see more research on heart disease in women, as well as research on diagnostic machines designed for women. That's why she is a passionate member of the *You're the Cure* advocacy network for the American Heart Association.

Debi's experience helps to show why the American Heart Association and its volunteers are advocating for more research, education and screening to help prevent and cure heart disease, stroke and other cardiovascular diseases, the No. 1 killer of women in Alaska and the United States.