



Especially For Women.

Is heart disease as much of a worry for women as breast cancer?

Heart attack, stroke and other cardiovascular diseases are devastating to women, too. In fact, coronary heart disease, which causes heart attack, is the leading cause of death for American women. Many women believe that cancer is more of a threat, but they're wrong. Nearly twice as many women in the United States die of heart disease

and stroke as from all forms of cancer, including breast cancer.

The experts of the Regional Heart Program of Salinas Valley Memorial Healthcare System recommend a talk with your doctor about your risk factors and ways you can improve the health of your heart. Visit www.svmh.com for more information.

SERVING THE REGION FOR 20 YEARS.



Salinas Valley Memorial Healthcare System