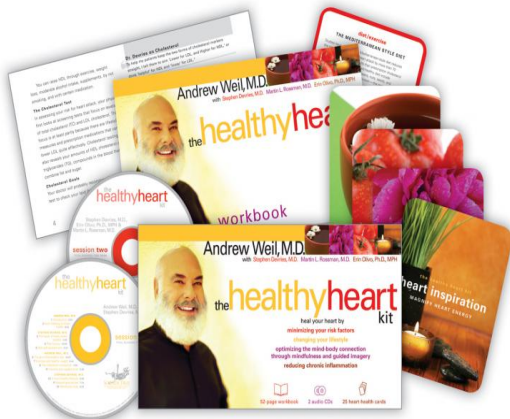


THE HEALTHY HEART KIT ANDREW WEIL, M.D.

with
Stephen Devries, M.D.
Erin Olivo, M.D.
Martin L. Rossman, M.D.

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The Healthy Heart Kit Heart Health Statistics

- Worldwide, coronary heart disease kills more than 7 million people each year.
- Heart disease is the leading cause of death for both women and men in the United States.
- In 2006, heart disease is cost more than \$258 billion, including health care services, medications, and lost productivity.
- In 2002, 696,947 people died of heart disease (51% of them women). This was 29% of all U.S. deaths. The age-adjusted death rate was 241 per 100,000 population.
- Coronary heart disease is the principal type of heart disease. There were 494,392 people that died from coronary heart disease in 2002. That is about 71% of all heart disease deaths.
- Studies among people with heart disease have shown that lowering high blood cholesterol and high blood pressure can reduce the risk of dying of heart disease, having a nonfatal heart attack, and needing heart bypass surgery or angioplasty.
- Studies among people without heart disease have shown that lowering high blood cholesterol and high blood pressure can reduce the risk of developing heart disease.

(Source: Centers for Disease Control and Prevention, US Dept. of Health and Human Services)

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