

**strong women strong hearts pdf**

STRONG WOMEN/STRONG HEARTS Ask most women to name their greatest health risk and chances are they will be wrong. While the answer is heart disease—the number one killer of women in the United States today—there are far fewer educational and behavioral programs for women's heart health than for other diseases, including breast cancer and ...

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**Strong women, strong hearts : Miriam E. Nelson : Free**

Strong Women's Strong Hearts. Reducing Risk of Heart Disease among Women. Sara C. Folta, Ph.D. Friedman School of Nutrition Science and Policy. Tufts University. Heart Disease: A Women's Issue #1 cause of death 400,000 women die each year, approx. 1 death per minute

**Strong Women's Strong Hearts - publichealth.ltu.edu**

Heart disease kills more women than men each year, yet it is still mistakenly thought of as a "man's disease." In this comprehensive and practical guide, top women's health expert and author Miriam E. Nelson, Ph.D., teams up with From the distinguished author of the Strong Women health series comes an important book for any woman who wants to take charge of her heart health.

**Strong Women, Strong Hearts by Miriam E. Nelson**

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