

## HEART DISEASE IN WOMEN: An Urgent Call to Awareness



**By Dr. Mohamad Taha, Suburban Community Hospital**

As a cardiologist, I often encounter a concerning misconception among women: the belief that heart

disease primarily affects others and that the fear of breast cancer overshadows the true risks of cardiovascular conditions. However, it is essential to understand that heart disease is the leading cause of death for women in the United States. This reality demands our attention and action.

Many women are unaware that the symptoms of heart disease can manifest differently than they do in men. While chest pain is a common indicator, some women may experience more subtle signs, such as nausea, fatigue, or flu-like symptoms. This variation can complicate diagnosis and delay treatment, which makes awareness even more crucial.

Research continues to shed light on the differences in how heart disease presents in

women, but one thing is clear: women with known risk factors — such as excess weight, high cholesterol, high blood pressure, or a history of smoking — must prioritize their heart health. It's vital to consult your healthcare provider to explore preventive measures and ensure you are taking steps to safeguard your heart.

If you have concerns about your heart health or believe you may be at risk, I encourage you to take the proactive step of scheduling an appointment with a cardiologist. Together, we can create a personalized plan that empowers you to take control of your cardiovascular health.

Remember, awareness is the first step toward prevention. Let's work together to break the stigma and change the narrative around heart disease in women. You deserve a cardiologist that will work diligently to keep your heart healthy, please don't hesitate to reach out.

*Dr. Mohamad Taha is currently accepting new patients. To schedule an appointment, please call 610.290.4270. Your heart health is worth the investment!*





Lower Bucks Hospital  
Roxborough Memorial Hospital  
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Dr. Shahzad Ahmed,  
Interventional  
Cardiologist



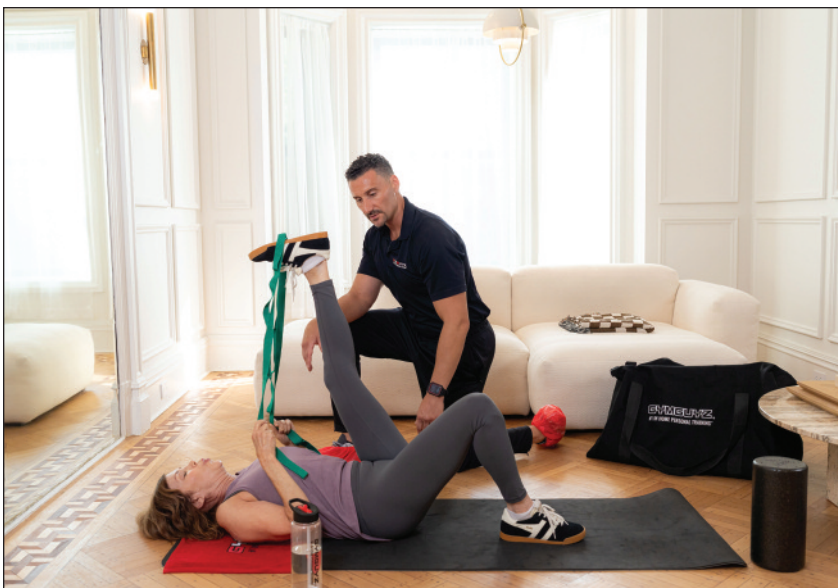
Dr. Mohamad Taha,  
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**Take the first step towards a healthier heart today!**



## HEART HEALTH AWARENESS: 3 Simple Steps to a Stronger You

**Provided by GYMGUYZ Main Line & Montgomery County**

February is American Heart Month, a perfect time to focus on taking care of your most important muscle—your heart. These small but impactful steps can make a big difference in your overall health and well-being.

**1. Move with Purpose:** Cardio is key to heart health, but you don't need to run a marathon to see benefits. Brisk walks, dancing, or cycling are great ways to strengthen your heart and boost circulation. GYMGUYZ trainers specialize in creating fun, heart-healthy workouts



tailored to your fitness level, so staying active can be convenient and enjoyable.

**2. Fuel Your Body Right:** Nourish your heart by choosing whole foods rich in nutrients. Incorporate leafy greens, berries, nuts, and lean proteins into your meals while cutting back on processed foods high in sodium and trans fats. Need guidance? A personalized nutrition plan can help you align your diet with your fitness goals.

**3. Prioritize Recovery and Stress Relief:** Chronic stress takes a toll on your heart. Take time each day for activities that help you unwind, whether it's stretching, yoga, or simply taking deep breaths. GYMGUYZ trainers often include stretching and relaxation exercises in sessions to help you recover and stay balanced.

### Take the First Step

This February, commit to small changes that will lead to a lifetime of benefits. Whether you're starting fresh or building on your fitness journey, taking care of your heart is the greatest gift you can give yourself.