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TEST YOUR heart SMARTS

What do your husband, your drinking habits and your dental history have to do with your risk for the disease that's the most likely to kill you? Take our quiz and see what you know about cardiovascular problems and how to protect yourself against them. ➔


Think you know
your own heart well?
Take our quiz and see.

HEART DISEASE: A SILENT EPIDEMIC

Women's cardiovascular-health experts bemoan the fact most women still don't recognize the threat heart disease poses, even after ongoing education efforts. "We've done a great job increasing awareness about breast cancer, but the number of female deaths caused by heart disease is almost 10 times greater," says Kathy E. Magliato, M.D., director of women's cardiac surgical services at St. John's Medical Center in Santa Monica, CA. "It's a silent epidemic."

This lack of awareness is particularly disturbing because heart disease is one of only a handful of illnesses for which you can significantly lower your risk. In fact, only three of the nine heart-disease risk factors – age, gender and family history – are completely beyond your control. Take our true-false quiz to learn other important facts about the nation's No. 1 killer of women and how to protect yourself.

**TEST YOUR KNOWLEDGE
BY TAKING OUR QUIZ AT RIGHT.**



**One in four women dies of
heart disease, stroke or other
cardiovascular diseases.**

TRUE

FALSE