

# FREE Women and Heart Disease Seminar



Presented by: Ruby Satpathy, MD  
Interventional Cardiologist  
Director, Valve clinic

**February 9th noon- 1pm**  
**Blue Cross Blue Shield of Nebraska**  
**1919 Aksarben Drive**

Seminar will be held in the Aksarben Conference Room. Please check in at the security desk.

Although many people think of heart disease as a man's problem, women can and do get heart disease. In fact, heart disease is the number one killer of women in the United States.

The most common cause of heart disease is narrowing or blockage of the coronary arteries, the blood vessels that supply blood to the heart itself. This is called coronary artery disease and happens slowly over time. It's the major reason people have heart attacks. Prevention is important: two-thirds of women who have a heart attack fail to make a full recovery.

The older a woman gets, the more likely she is to get heart disease. But women of all ages should be concerned about heart disease. All women can take steps to prevent it by practicing healthy lifestyle habits. Learn more about Women and Heart disease by registering for this great program.

Registration Required Space is limited

**To Register:**

[bluehealthadvantagene.com](http://bluehealthadvantagene.com) or 1-877-348-4329



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