

Survey: Most Women Don't Know Age Heart Screenings Should Begin

60% of women think heart screenings should start after age 30 - experts recommend 20

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Orlando Health

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NEWS PACKAGE

SUGGESTED TEASE

STILL TO COME, NEW INFORMATION SHOWS JUST HOW FAR BEHIND *WOMEN* ARE WHEN IT COMES TO HEART HEALTH.

THE SURPRISING RESULTS OF A NEW NATIONAL SURVEY, NEXT IN HEALTH NEWS.

ANCHOR LEAD

HEART DISEASE IS THE LEADING CAUSE OF DEATH FOR WOMEN IN THE U.S. ON AVERAGE, A WOMAN DIES OF HEART DISEASE [EVERY MINUTE](#) OF EVERY DAY.¹

THE BEST WAY TO AVOID HEART DISEASE IS TO GET SCREENED AND KNOW YOUR RISK FACTORS.

BUT A NEW NATIONAL SURVEY SHOWS WOMEN ARE YEARS APART WHEN IT COMES TO KNOWING WHEN TO START THOSE SCREENINGS.

CLARK POWELL HAS DETAILS.

(PACKAGE START) -----

CG: Courtesy: Orlando Health
:00 - :03

Shots of Erin and daughter sitting down

Shot of both playing with toy

Shots of toddler playing with toy

CG: Erin Ziegler
Was unaware of heart problems

Shots of doctor checking patient

CG: Maria Carolina Demori, MD
Orlando Health

(Nats - Erin playing with her daughter) :02

AS THE MOTHER OF A 2 YEAR OLD, ERIN ZIEGLER (**ZIG**-luhr) KNOWS THE IMPORTANCE OF REGULAR CHECK UPS TO MAKE SURE HER DAUGHTER IS HEALTHY.

BUT WHEN IT COMES TO HER OWN HEALTH, SHE ADMITS SHE WASN'T AS PROACTIVE. AT JUST 26, ERIN LEARNED THE HARD WAY SHE HAD HEART PROBLEMS. :12

"I just got a really strong taste in my mouth and my whole right side went numb." :04

THAT'S NOT UNCOMMON. DOCTORS SAY MANY WOMEN ASSUME HEART PROBLEMS WON'T AFFECT THEM - ESPECIALLY AT SUCH A YOUNG AGE. :06


"Many people believe it is a disease that mostly affect men, however women are equally affected, and in fact we're still, we have been dying more of heart disease than

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| <p>Shots of doctor with patient</p> <p>Wide shot / blur for graphic</p> <p>(Graphics) American Heart Association Recommends screenings start at 20</p> <p>Only 8% of women said in their 20s</p> <p>60% didn't think until after age 30 At least a full decade later</p> <p>Dr. Demori (CG'd earlier)</p> <p>Shots of woman in exam</p> <p>Shots of blood testing</p> <p>Shot of Erin exercising</p> <p>Erin Ziegler (CG'd earlier)</p> <p>Shot of Erin with daughter</p> <p>(PACKAGE END) -----</p> <p>ANCHOR TAG</p> | <p><i>men</i>" :13</p> <p>THE BEST WAY TO AVOID HEART DISEASE IS TO GET SCREENED AND KNOW YOUR RISK FACTORS. BUT A NEW NATIONAL SURVEY BY ORLANDO HEALTH SHOWS WOMEN ARE <u>WAY</u> BEHIND WHEN IT COMES TO KNOWING JUST WHEN THOSE SCREENINGS SHOULD START.</p> <p>THE AMERICAN HEART ASSOCIATION RECOMMENDS HEALTHY HEART SCREENINGS START AT <u>AGE 20</u>.²</p> <p>BUT THE SURVEY FOUND ONLY ONLY 8 PERCENT OF WOMEN SAID SCREENINGS SHOULD START IN THEIR 20s.</p> <p>60-PERCENT DIDN'T THINK THEY WERE RECOMMENDED UNTIL AFTER AGE <u>30</u> - AT LEAST A FULL DECADE LATER. :25</p> <p><i>"certain cardiovascular diseases we have higher risk than men, so it's extremely important that we start early."</i> :06</p> <p>SCREENINGS SHOULD INCLUDE YOUR BLOOD PRESSURE, WEIGHT, CHOLESTEROL LEVELS AND GLUCOSE LEVELS - AND SOME MAY WANT TO CONSIDER AN EKG OR OTHER HEART TESTS TO UNCOVER ANY EXISTING HEART CONDITION.</p> <p>INFORMATION ERIN DIDN'T KNOW - THAT COULD HAVE COST HER HER LIFE. :13</p> <p><i>"Once you know it's come to light, you can do preventative measures. Something like mine was so easy like an aspirin a day, and I wouldn't have had that problem, I would have started an aspirin a day ten years prior to that."</i> :11</p> <p>AT ORLANDO HEALTH, THIS IS CLARK POWELL REPORTING. :02</p> <hr/> <p>DOCTORS SAY AT AGE 20 YOU SHOULD ALSO START KEEPING TRACK OF YOUR B-M-I AND WAIST SIZE, BOTH OF WHICH CAN BE PREDICTORS OF HEART PROBLEMS.</p> <p>ONE OF THE REASONS WOMEN, IN PARTICULAR, SHOULD START BEING CHECKED AT AGE 20 IS THAT HEART HEALTH BECOMES INCREASINGLY IMPORTANT SHOULD WOMEN DECIDE TO BECOME PREGNANT.</p> |
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SOCIAL MEDIA

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Suggested post:

national survey @orlandohealth shows most women wait WAY too late. bit.ly/2jsHcLC

A new national survey shows the majority of women are way off when it comes to knowing the age at which they should start getting heart screenings. The survey, commissioned by [Orlando Health](#), found most women were off by at least a decade, and doctors say that delay could take a serious toll on their health. So, at what age do doctors recommend that heart screenings begin? Find out here: [bit.ly/2jsHcLC](#)

EXTRA BITES

**CG: Maria Carolina Demori, MD
Orlando Health**

Dr. Demori talks about the importance of treating issues early:

00:03:47 "If we don't take action and start preventing the progression of that process, then it's going to just progress and get worse and eventually we're going to develop a significant disease that is going to manifest such as heart attack, stroke, heart failure". 00:04:05

Dr. Demori says women should find time for their health:

00:13:13 "We have to try and find time for ourselves. It is extremely important, do not forget about yourself. You have to start working on you, so that you can be present for the ones that you love." 00:13:26

Dr. Demori says heart health education is crucial:

00:04:48 "I believe we need more education, we need to educate our young people our children, that this is not something you're going to wait until you're 40 to start screening, to start preventing." 00:05:00

**CG: Erin Ziegler
Was unaware of heart problems**

Erin talks about the shock of learning she had a heart problem:

02:42:48 To know that any random time, I could have a blood clot escape, and I could have stroke-like symptoms or a mini stroke or even a stroke at such a young age is terrifying. 02:43:00

Erin talks about having her daughter screened for heart issues:

02:41:29 "Especially for her, knowing one in four people are born with the condition I have, I would absolutely love to make sure it's something that's not wrong with my daughter." 02:41:36

References

¹Facts About Heart Disease in Women, **American Heart Association, 2017**. Online:

<https://www.goredforwomen.org/home/about-heart-disease-in-women/facts-about-heart-disease/>

²Heart-Health Screenings, **American Heart Association, 2017**. Online:

http://www.heart.org/HEARTORG/Conditions/Heart-Health-Screenings_UCM_428687_Article.jsp#.WHfAQrYriUE

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