

## **Getting to the Heart of the Matter**

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Heart disease is fatality under-recognized in women with lupus, by both the public and the medical profession. The average woman does not have a high risk for heart disease until after menopause. Because of this many doctors treating lupus patients disregard heart disease warning symptoms of chest pain (angina); however, lupus patients are as likely as post-menopausal women, to get heart disease. This article explores reasons why heart disease may be more common in women with lupus and it addresses what women can do to improve their heart health.