

## FEBRUARY 2019 HEALTHY TIP

### HEART HEALTH

Heart Disease is the number one cause of death in United States and it can be prevented. Traditionally heart disease tends to be associated with men, but it also affects women. More women die of cardiovascular disease than from the next four causes of death combined, including all forms of cancer. Every February the American Heart Association raises awareness to save women's lives from heart disease with the **Go Red For Women®** campaign. Approximately 80% of cardiac events in women could be prevented if women made the right choices for their hearts.



Heart disease is still the No. 1 killer of women, causing 1 in 3 deaths each year. While progress has been significant, there's a long way to go. Women often assume symptoms are due of less life-threatening conditions like acid reflux, the flu, or normal aging. As with men, women's most common heart attack symptom is chest pain or discomfort. However, women are somewhat more likely than men to experience some of the "other" common symptoms, therefore it is critical that women familiarize themselves with other warning signs of a heart attack:

- ♥ Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
- ♥ Pain or discomfort in one or both arms, the back, neck, jaw, lower chest, or upper abdomen.
- ♥ Shortness of breath with or without chest discomfort.
- ♥ Also possibly breaking out in a cold sweat, nausea, lightheadedness, fainting, or extreme fatigue.

**If you have any of these signs, don't wait to call for help.  
Call 9-1-1 and get to a hospital right away. Minutes matter!**

Even when the signs are subtle, the consequences can be deadly, especially if the victim doesn't get help right away. Additionally, if you feel the following during ordinary physical activity, you may be experiencing general cardiovascular problems that should be examined:

- ♥ *Undue fatigue*
- ♥ *Palpitations* - the sensation that your heart is skipping a beat or beating too rapidly
- ♥ *Difficult or labored breathing*
- ♥ *Chest discomfort* from increased activity

For more information check out the [www.goredforwomen.org](http://www.goredforwomen.org) website.

### WORLD CLASS. LOCAL TOUCH.

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