

*February is American Heart Month
Heart Disease is the #1 Killer of American Women*

Did you know that 90% of women have one or more risk factors for heart disease and that the symptoms of heart disease may be different in women vs. men and are often misunderstood?



Heart Attacks are caused when blood flow to the heart is blocked by a buildup of plaque in the arteries of the heart. Signs to be aware of include:

- Uncomfortable pressure, fullness, or pain in the center of the chest lasting for more than a few minutes or that comes and goes
- Pain or discomfort in arms, back, neck, jaw or stomach
- Shortness of breath
- Other signs like sweating, nausea, or lightheadedness

The most common symptom in women is chest pain, however women are more likely than men to experience other symptoms such as shortness of breath, back and jaw pain, and nausea.



Stroke is a disease that affects the arteries of the brain and is the 4th leading cause of disability. Symptoms can include:

- Sudden numbness or weakness of the face, arms or legs especially on one side of the body
- Sudden confusion, trouble speaking or change in vision
- Sudden trouble walking, dizziness, or lightheadedness
- Severe headache with no known cause
- **Remember F.A.S.T.-Face drooping, Arm weakness, Speech difficulty, Time to call 911**

FOR BOTH HEART ATTACK AND STROKE TAKE ACTION

- **Call 911**
- **DO NOT** drive yourself or have someone drive you to the hospital.
- Stay as calm as possible, take slow deep breaths until help arrives.
- Note the time that symptoms begin-this is important information in the treatment of stroke.



PREVENTION

- ✓ **Don't smoke** -Smoking contributes to the buildup of plaque in the arteries.
- ✓ **Know Your Numbers** -Monitor your blood pressure, cholesterol, and blood sugar levels. See your primary care physician annually for a screening even if you are healthy.
- ✓ **Know your family history** -Family history increases the risk of heart disease.
- ✓ **Maintain a healthy lifestyle**- Stay active, lose weight, and eat healthy foods.
- ✓ **Use prayer, meditation, and love of others to reduce stress!**