

*Cardiovascular disease is the number one killer of women, causing 1 in 3 deaths each year. That's approximately **one woman every minute**.*

What causes heart disease?

Heart disease affects the blood vessels and cardiovascular system. Numerous problems can result from this, many of which are related to a process called *atherosclerosis*, a condition that develops when plaque builds up in the walls of the arteries. This buildup narrows the arteries, making it harder for blood to flow through. If a blood clot forms, it can stop the blood flow. This can cause a heart attack or stroke. It can also lead to:

Heart failure or congestive heart failure, which means that the heart is still working, but it isn't pumping blood as well as it should, or getting enough oxygen.

Arrhythmia or an abnormal rhythm of the heart, which means the heart is either beating too fast, too slow or irregularly. This can affect how well the heart is functioning and whether or not the heart is able to pump enough blood to meet the body's needs.

Heart valve problems can lead to the heart not opening enough to allow proper blood flow. Sometimes the heart valves don't close and blood leaks through, or the valve leaflets bulge or prolapse into the upper chamber, causing blood to flow backward through them.

7 TELL-TALE SIGNS OF HEART FAILURE IN WOMEN:

1. Chest pain
2. Severe shortness of breath
3. Unexplained nausea
4. Cold sweats
5. Unusual tiredness and fatigue
6. Unfamiliar dizziness or light headedness
7. Unusual pain in you back, neck, jaw, one or both arms and upper stomach (heartburn or indigestion)

**The symptoms of heart disease can be different in women vs. men, and are often misunderstood.*

**** Woman often experience "Silent Heart Attacks"** Just like the name implies, a **silent heart attack** is a heart attack that has either no symptoms or minimal symptoms or unrecognized symptoms

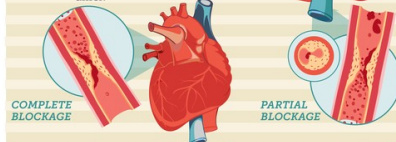
HEART ATTACK SYMPTOMS

MEN VS. WOMEN

Heart disease is the number one killer of both men and women in the United States and also increases the likelihood of a heart attack. Early identification of a heart attack can save your life. Here is a guide to how heart attacks vary in men versus women.

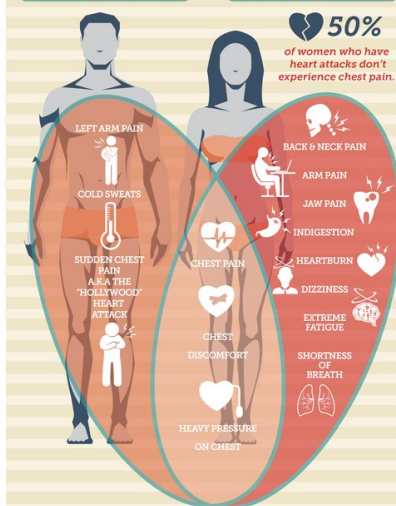
What causes the different symptoms?

Heart attacks occur in both men and women when a main artery becomes blocked, but the way clots develop may differ.

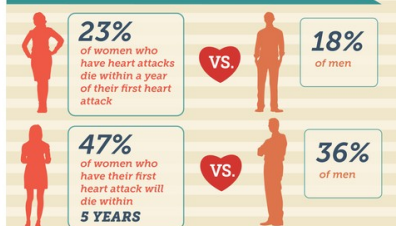


Men are more likely to develop a "classic" blockage, where plaque ruptures off the artery wall, forming a blood clot, causing a complete stop of blood flow to the heart.

Women more commonly develop plaque erosion, where smaller pieces of plaque break off, causing smaller blood clots that cause a more subtle stop of blood flow.



WOMEN & HEART DISEASE: KNOW THE FACTS



WHY DOES THIS HAPPEN?

In 2005, an American Heart Association study revealed only...

8% of primary care physicians

and
17% of cardiologists

knew heart disease kills more women than men.

Most cardiovascular research has been done only on men, or the data has not been separated by gender.

Women with heart disease are less likely to receive the same level of care that men do.

SOURCES:
<http://www.cdc.gov/heartdisease/facts.htm>
<http://www.nhlbi.nih.gov/health/health-topics/topics/hdw/signs>
http://icymcids.com/sites/www.womenheart.org/resources/teampg/Docs/Hyths_Truths_FINAL_52809-2016.pdf

PREVENTION TIPS

WOMEN HEART DISEASE

HEART DISEASE IS THE NUMBER ONE KILLER OF WOMEN. LEARN HOW TO PROTECT YOURSELF OR SOMEONE YOU LOVE.



START HEALTHY HABITS NOW.

Research indicates that women who lead a healthy lifestyle before the age of 50 have a better chance of avoiding heart disease and the conditions that increase the risk of it, such as diabetes and hypertension.



RELAX!

Prolonged exposure to the stress hormone, called cortisol, can damage your arterial linings, making it harder for your heart to do its job.



DON'T SMOKE.

Smoking cigarette can increase your risk of cardiovascular disease by two to four times.



HAVE SEX, BUT BE SAFE

Research suggests that people who have sex at least twice a week are less likely to develop heart disease.



CHOOSE YOUR BIRTH CONTROL WISELY.

Birth control pills can increase your risk of heart attack and blood clots. Some types of the pills have been shown to increase the risk of blood clots by up to 65 percent over other formulas, especially in women who have a high BMI or those who smoke.

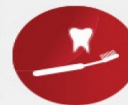
GET YOUR CHECKUP.

Some factors that increase your risk for heart disease (including high cholesterol) have no symptoms. Get regular checkups that include a blood cholesterol test.



BRUSH YOUR TEETH.

The bacteria that grow in your mouth and cause gum disease may double your risk for a heart attack. Regular brushing and flossing can sweeten your breath and improve your health.



SKIP THE SODA.

Studies have shown that women who drink two or more sugar-sweetened beverages such as soda per day have a higher risk of heart disease.



STAY ACTIVE.

Your heart needs regular workouts in order to be healthy, even if you have a healthy BMI. As little as 30 minutes of moderate activity per day can reduce your risk for heart disease.



FIND MORE INFORMATION HERE:

1. Centers for Disease Control and Prevention (CDC): Heart Disease
2. MedlinePlus: Heart Disease in Women
3. National Heart, Lung, and Blood Institute (NHLBI): Heart Disease in Women
4. American Heart Association
5. Women's Heart Foundation

CALL 911

if you think you are experiencing signs and symptoms of a Heart Attack

