

WOMEN'S WARNING SIGNS OF A HEART ATTACK

HEART DISEASE ISN'T JUST A MAN'S DISEASE ... every year more than 10 times as many women in the United States die from cardiovascular diseases than from breast cancer!

Women may - or may not - have the "typical" heart attack symptoms as men (see other side). Similar to men, women's most common symptom of a heart attack is some type of pain, pressure or discomfort in the chest. But women are more likely than men to have symptoms unrelated to chest pain, such as:

- ☛ Neck or jaw, shoulder, upper back pain or abdominal discomfort
- ☛ Shortness of breath
- ☛ Nausea or vomiting
- ☛ Abdominal pain or "heartburn"
- ☛ Sweating
- ☛ Lightheadedness or dizziness
- ☛ Unusual or unexplained fatigue



Approximately 370,000 women will have a heart attack this year. A heart attack is an **EMERGENCY**: call **911**. Starting treatment **immediately** can *reduce* your chances of permanent damage and increase your chances of a swift and full recovery. Yet many women delay seeking medical care because they fail to connect their symptoms with a heart attack, mistakenly attributing them to fatigue, indigestion, stress or overexertion.

MEN'S WARNING SIGNS OF A HEART ATTACK

A **HEART ATTACK** occurs when the blood flow to a part of the heart is blocked, often by a blood clot that gets "stuck" in a clogged artery.

- ☛ Uncomfortable pressure, fullness, or squeezing in the center of your chest.
- ☛ Mild to intense pain spreading to the shoulders, neck or arms that can feel like pressure, tightness, burning or a heavy weight. You may feel the pain in your chest, upper abdomen (belly), neck, jaw, or inside your arms or shoulders.
- ☛ Shortness of breath (with or without chest discomfort), breaking out in a cold sweat, paleness (pallor), nausea, lightheadedness or fainting.
- ☛ Increased or irregular heartbeat.

Not all of these signs occur in every heart attack. Sometimes symptoms last for a few minutes, go away and then return. If you recognize any of these symptoms in yourself or someone else - get help fast.

A heart attack an **EMERGENCY**: call **911**. Starting treatment **immediately** can *reduce* your chances of permanent damage and increase your chances of a swift and full recovery.

If you can get the victim to a hospital quicker than the rescue squad can respond, drive him/her yourself. If YOU think you are having a heart attack, call **911** immediately or have someone else drive you to the hospital: **DO NOT** drive yourself.



FOR MORE INFORMATION

American Heart Association ■ www.americanheart.org

WEST WINDSOR HEALTH DEPARTMENT

Serving the communities of West Windsor ■ Hightstown ■ Robbinsville