

## FIND OUT MORE

American Heart Association  
7272 Greenville Avenue  
Dallas, TX 75231  
800-242-8721  
[www.americanheart.org](http://www.americanheart.org)

National Heart, Lung & Blood Institute  
The Heart Truth  
P.O. Box 30105  
Bethesda, MD 20824-0105  
301-592-8573  
[www.nhlbi.nih.gov/health/hearttruth/index.htm](http://www.nhlbi.nih.gov/health/hearttruth/index.htm)

Society for Women's Health Research  
1025 Connecticut Ave., NW  
Suite 701  
Washington, DC 20036  
202-223-8224  
[www.womenshealthresearch.org](http://www.womenshealthresearch.org)

## ON THE WEB

[www.healthcentral.com](http://www.healthcentral.com)

[www.heartpoint.com](http://www.heartpoint.com)  
(Cool pictures)

[www.mayoclinic.com/health/  
mediterranean -diet/CL00011](http://www.mayoclinic.com/health/mediterranean-diet/CL00011)

[www.mediterranean-food-recipes.com](http://www.mediterranean-food-recipes.com)

[www.womenheart.org](http://www.womenheart.org)

[yourtotalhealth.ivillage.com](http://yourtotalhealth.ivillage.com)

## The Facts

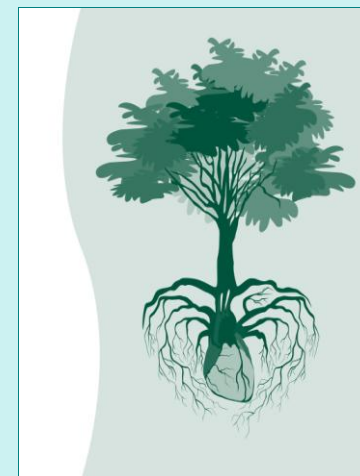
500,000 women die every year from heart disease.  
(Nearly double the deaths from all cancers combined)

64% of women who died suddenly from heart disease, had no previous symptoms.

1 in 5 women has some form of heart disease.

[Healthcare.utah.edu/healthinfor/adult/Women/hrtrisk.htm](http://Healthcare.utah.edu/healthinfor/adult/Women/hrtrisk.htm)

# Women & Heart Attack



*A Gonzaga graduate nursing student, Barbara Jacobson, created this informational material. It should be used in consultation with a health care provider.*

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**#1 CAUSE OF DEATH  
IN WOMEN**

## SYMPTOMS

- Chest pain or discomfort. A tight ache, pressure, fullness or a squeezing in the center of your chest
- Upper Body Pain: Pain spreading from your chest to your arm, back, teeth or jaw.
- Increasing episodes of chest pain
- Prolonged pain in the upper abdomen
- Shortness of breath
- Sweating with cold clammy skin
- Anxiety: Sense of doom

## SYMPTOMS IN WOMEN

You may have some of the above symptoms but nearly half of all women don't experience typical chest pain during a heart attack.

- Back pain along the bra line
- Abdominal pain or "heartburn"
- Clammy skin and sweating
- Racing /irregular heart or anxiety
- Sudden weakness, fatigue or dizziness
- Nausea and vomiting

If you or someone you know is having these symptoms, CALL 911



**DON'T SMOKE**

**CHECK YOUR CHOLESTEROL**

**GET REGULAR CHECK-UPS**

**CONTROL YOUR BLOOD PRESSURE**

**EXERCISE REGULARLY**



**MAINTAIN A HEALTHY WEIGHT**

**MANAGE STRESS**

**DRINK ALCOHOL IN MODERATION**

**SEE YOUR HEALTH CARE PROVIDER**



## MEDITERRANEAN DIET

Shown to lower risk of death from both heart disease and cancer

- Eat lots of fruits and vegetables – especially locally grown - 10 servings/day.
- Use olive oil and canola oil
- Eat small portions of nuts daily
- Drink 1-2 glasses of red wine a night, for some
- Eat red meat only 1-2 times a month
- Limit cheese and yogurt
- Eat fish often

## GET ACTIVE

*Just 30 minutes of walking 5 days a week can improve your health and lessen your risk of a heart attack.*

