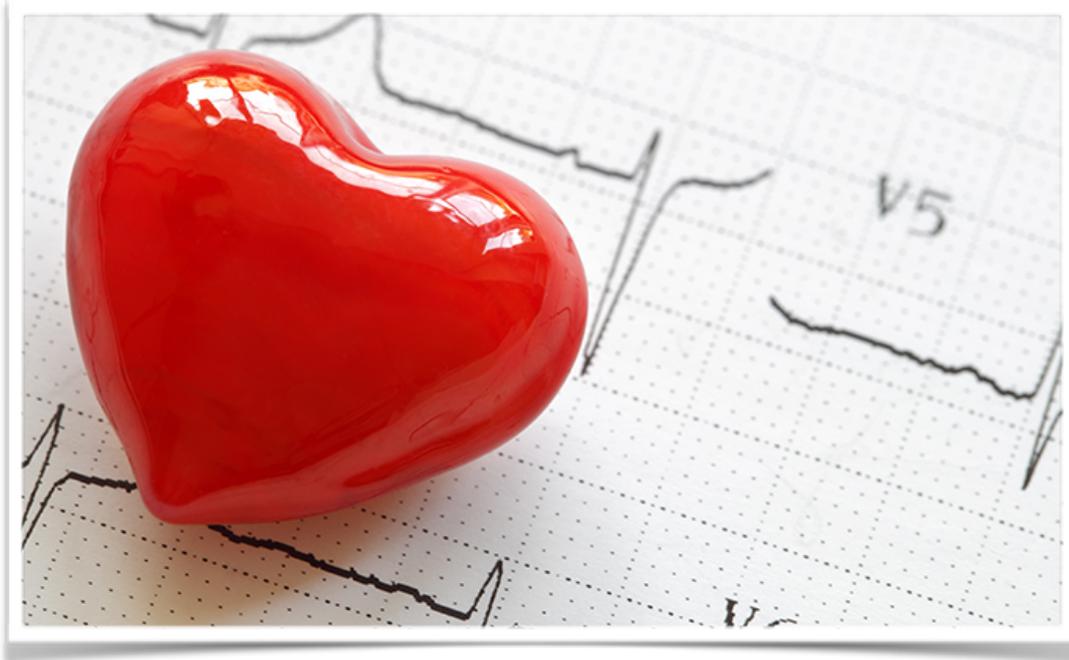


CWC Discovery

Did You Know?



Women and Heart Disease:

What You Need to Know.

According to the American Heart Association (AHA), heart disease claims the lives of more than 460,000 women in the U.S. each year. Women are also now more likely than men to die from heart disease and stroke. Experts believe that more than 80 percent of these instances of heart disease are preventable, and that better education and research can make a difference.

1

WHAT IS MY RISK FOR HEART DISEASE?

Habits and Family History.

2

DO I HAVE HIGH BLOOD PRESSURE?

What are my numbers.

3

HOW CAN I CONTROL IT?

What can I do to lower my risks.



High Cholesterol
240mg/dL and above



Borderline Cholesterol
200-239 mg/dL



Desirable Cholesterol
Less than 200 mg/dL



Take Charge of Your Heart Health

Women often fail to recognize they are having a heart attack. And they are less likely than men to seek emergency treatment. That may be one reason why women are more likely than men to die from a heart attack.

Some heart attacks are sudden and dramatic. But most of them start slowly with only mild pain or discomfort.

Common symptoms of a heart attack may include:

- Discomfort in the center of the chest.
- Pain that spreads from the chest to the arms, jaw, teeth, back, shoulder, neck, or stomach.
- Breaking out in a cold sweat, fainting, or feeling dizzy or light-headed.

For more information on women's heart health: www.goredforwomen.org or www.heart.org



If you think you are having a heart attack call 911 right away.

During a heart attack, many women do have chest pain. But they are more likely than men to have other or less typical symptoms. These may include upper abdominal pain, shortness of breath, coughing, nausea, vomiting, fatigue, weakness or what feels like indigestion. Older adults and people with diabetes may also have less typical symptoms without chest pain.

HOW TO GET STARTED

Here are some basic steps for managing your blood pressure:

1. Regular Exercise (Move Around for 30 mins/day, 5 days/week)
2. Maintaining a Healthy Weight (Fill Up on Heart-Healthy Foods)
3. Quit Smoking
4. Reduce Stress
5. Get your Blood Pressure Checked
6. Control your Cholesterol

