

# Heart Disease is the #1 Killer of Women. Know Your Risks.

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## Take Charge of Your Health

Heart disease and stroke are the No. 1 causes of death and disability among people with type 2 diabetes. That's why managing your blood sugar level is important to keep your heart healthy, lower your risk of cardiovascular diseases and improve your quality of life.

If you're at least 45 years old, you should get tested for diabetes, and then you should be tested again every three years. If you're 45 or older and overweight ([Calculate your Body Mass Index](#)) you may want to get tested more often. Talk to your doctor about your risk for diabetes and know your blood glucose for good heart health.

## It's Just the Flu...I Think

Sweating. Pressure. Nausea. Jaw pain. Believe it or not, these are all symptoms of a heart attack in women. And women who consider themselves healthy often misdiagnose the symptoms of a heart attack because they don't think it could happen to them. They often brush it off as the flu, stress or simply feeling under the weather—which could put their lives in jeopardy.

In fact, 43% of women having a heart attack don't experience any chest pain at all. Because their signs are so much less obvious, women wait longer to go to the emergency room than men do. But that can be fatal. The odds of surviving a heart

attack improve by 23% if you get treatment within three hours and 50% if it's within one hour.

Dismissing the symptoms of a heart attack can delay critical, life-saving actions. Being able to [recognize the warning signs](#) and act quickly, however, can save a life.

If you or someone you know is experiencing any of these symptoms, call 9-1-1 immediately.

Never drive yourself or someone else to the hospital. Waiting for emergency medical service is the safest and fastest way to get lifesaving treatment.

## Life's Simple 7®

Knowing your blood sugar is the first step to managing your blood glucose, and your best chance at preventing diabetes. [Learn how you can manage your blood sugar and reduce your risk for heart disease.](#)



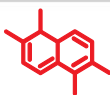
Get Active



Manage Blood Pressure



Stop Smoking



Control Cholesterol



Eat Better



Lose Weight

## Seven Signs of a Woman's Heart Attack

1. Unusual Fatigue
2. Sleep Apnea/Sleep disturbance
3. Indigestion or gas-like pain
- 4. Nausea or vomiting**
5. Discomfort or pain between the shoulders
6. Chest or abdominal discomfort or pain spreading to the shoulders, neck, arm, or jaw
7. Shortness of Breath

**If you or someone you know has one or more symptoms – call 911.**

