

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

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Lower & Upper Back Pain?

Well-known heart attack symptoms in men can include chest pain and radiating discomfort in the left arm. But for women they can be different and not something you might even think is related to your heart.

There are several ways your body may tell you when something isn't quite right, potentially with your heart. Irregular pain in the lower or upper back, between the shoulders, can indicate stress to the heart muscle.

If you experience back pain in combination with other symptoms such as shortness of breath, jaw pain, indigestion or dizziness, call 911 immediately.

Let's Get Physical

We all know that exercise benefits our health. But do you know that a [lack of exercise](#) takes a toll on your body? A whopping 65 percent of all American adults today are obese or overweight, increasing their risk for heart disease. Meanwhile, the heart-healthy benefits of exercising for just 30-minutes a day are nearly endless. To name a few, exercise:

- Improves blood circulation
- Improves cholesterol levels
- Prevents and manages [high blood pressure](#)
- Prevents bone loss
- Helps [manage stress](#)
- Reduces [coronary heart disease](#) in women by 30-40 percent

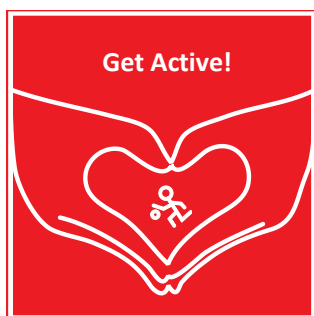
- Reduces risk of stroke by 20 percent in moderately active people
- Keeps your weight under control.

While you may be eager to start a new exercise program or add a new activity to your existing routine, be sure to talk to your doctor first. Taking into account your medical history, age and other considerations, your doctor can help determine what activities are best for your current physical condition.

The American Heart Association offers [tips](#) and [weight management](#) to get you on the right track to a healthier you!

Life's Simple 7®

Getting 30-minutes or more of exercise each day can have a big impact on your heart health. There are many ways you can get that exercise into your busy schedule each day – without excuses! Thirty minutes of walking can be broken down into three, 10-minute intervals. Find something that works best for you and your schedule, and get moving!



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.

