

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

Newsletter 3
November 2015



At the Heart of Good Health

A healthy diet and lifestyle are one of the best weapons in the fight against cardiovascular disease - the No. 1 killer of women in the U.S.

Make smart, healthy choices to reduce your risk for heart disease and stroke. Eating a diet rich in fruits, vegetables, beans, nuts, fish and low-fat dairy products – and limiting sodium, added sugars and saturated fats are some of the ways to eat heart healthy. The American Heart Association offers more [information](#), tips and recipes on how you can get to the heart of good health.

Wondering if you are eating healthy – take this [Quiz!](#)

Gas Pain and Indigestion... Symptoms of a Heart Attack?

When a woman suffers a heart attack, she may not always have obvious symptoms, such as chest pain, shortness of breath and cold sweats. In fact, a heart attack can actually happen without a woman knowing it. It is called a silent heart attack, or medically referred to as silent ischemia (lack of oxygen) to the heart muscle.

Woman who have these so-called silent heart attacks are more likely to have non-specific and subtle symptoms, such as [indigestion](#), a case of the flu, or they may think that they strained a muscle in their chest or their upper back. Women and their physicians may also be more likely to chalk up symptoms of a silent

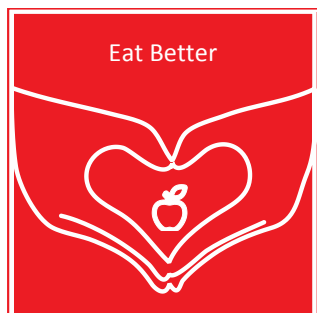
heart attack to anxiety and dismiss them.

The risk factors for a silent heart attack are the same as those for a recognized heart attack, and include high blood pressure, high cholesterol, smoking, family history of heart disease, obesity and age.

If you, or someone you know are experiencing symptoms such as indigestion or back pain, get to the hospital immediately. Make it clear that you think you may be having a heart attack and not an anxiety attack. Advocate for yourself or, if you can, bring along someone who will advocate for you.

Life's Simple 7®

Eating better and being active are important for lowering your risk for heart disease. Small changes in your diet can lead to big changes in your heart health. [Learn how you can make a few heart healthy changes when preparing meals.](#)



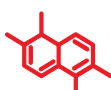
Get Active



Reduce Blood Sugar



Stop Smoking



Control Cholesterol



Reduce Blood Sugar



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.



For information on the 2016 Go Red For Women Luncheon go to
<http://hartfordgoredluncheon.heart.org>

