

Heart Attacks in Women



Heart attack symptoms and risk factors may present differently in women than they do in men. Knowing the correct warning signs, risk factors and prevention methods can help save your life.¹

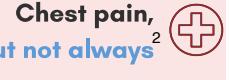
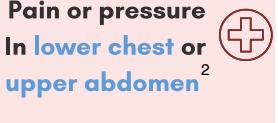
Warning Signs: Men Vs Women

Men

-  Nausea or Vomiting²
-  Jaw, neck or back pain²
-  Chest pain²
-  Shortness of Breath²
-  Discomfort or pain in arm or shoulder²



Women

-  Nausea or Vomiting²
-  Jaw, neck or upper back pain²
-  Chest pain, but not always²
-  Pain or pressure in lower chest or upper abdomen²
-  Shortness of Breath²
-  Discomfort or pain in arm of shoulder²
-  Fainting²
-  Extreme Fatigue²

WHY IS THIS SO IMPORTANT?



Women are more likely to wait longer to go to the hospital.³

Studies have shown that women with heart attack symptoms wait longer to take action and get help compared to men. The reason for this can be related to women having less common symptoms of a heart attack. Due to this, women are more likely to die after a heart attack.³



Misdiagnosis of symptoms can lead to a delay in seeking treatment.³

Individuals have shown to incorrectly identify symptoms of a heart attack by associating symptoms with sleep problems, stroke, arthritis, stiffness in the neck, influenza, nerve damage, osteoporosis, bone cancer, tooth infection, or a pulled muscle.³

More than **15,000** American women younger than 55 die of heart disease each year.³



Every **100** seconds, a woman in the United States has a heart attack.³

KNOW YOUR RISK

Diabetes



Women with diabetes are more likely to develop heart disease than are men with diabetes. As diabetes can change the way you feel pain, you're at greater risk of having a silent heart attack without symptoms.⁵

Smoking



Smoking is a greater risk factor for heart disease in women than it is in men.⁵

Inactivity



On average, women tend to exercise less than men, making it a greater risk factor for women.⁵

Menopause



Low levels of estrogen after menopause poses a significant risk of developing heart disease in smaller blood vessels.⁵



PSYCHOSOCIAL RISK FACTORS

Depression, anxiety disorders, anger suppression, and stress associated with relationships or family responsibilities show to be associated with elevated risk of a heart attack among women.⁶

HOW PREVENT A HEART ATTACK



1 DON'T SMOKE + AVOID
SECOND HAND SMOKE.²



2 TREAT HIGH BLOOD
PRESSURE IF YOU HAVE
IT.²

3 EAT FOODS THAT ARE
LOW IN SATURATED
FAT, TRANS FAT,
SODIUM (SALT) AND
ADDED SUGARS.²

4 BE PHYSICALLY ACTIVE.²



5 MAINTAIN A HEALTHY
WEIGHT.²

6 CONTROL YOUR BLOOD
SUGAR IF YOU HAVE
DIABETES.²



7 GET REGULAR MEDICAL
CHECK-UPS.²

8 TAKE MEDICINE AS
PRESCRIBED.²

Knowing what a heart attack
looks like before it's happening
can save your life. Know your
risk, how to prevent and how
to act.

REFERENCES

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