

# 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.<sup>1</sup>

## Warning Signs: Men Vs Women

### Men



Nausea or Vomiting<sup>2</sup>



Jaw, neck or back pain<sup>2</sup>



Chest pain<sup>2</sup>



Shortness of Breath<sup>2</sup>



Discomfort or pain in arm or shoulder<sup>2</sup>



### Women

Nausea or Vomiting<sup>2</sup>



Jaw, neck or **upper** back pain<sup>2</sup>



Chest pain, **but not always**<sup>2</sup>



Pain or pressure in **lower chest** or **upper abdomen**<sup>2</sup>



Shortness of Breath<sup>2</sup>



Discomfort or pain in arm or shoulder<sup>2</sup>



**Fainting**<sup>2</sup>



**Extreme Fatigue**<sup>2</sup>



# WHY IS THIS SO IMPORTANT?



## Women are more likely to wait longer to go to the hospital.<sup>3</sup>

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.<sup>3</sup>



## Misdiagnosis of symptoms can lead to a delay in seeking treatment.<sup>3</sup>

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.<sup>3</sup>

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



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

# 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.<sup>5</sup>

## Smoking



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

## Inactivity



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

## Menopause



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



## 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.<sup>6</sup>

# HOW PREVENT A HEART ATTACK

1 **DON'T SMOKE + AVOID  
SECOND HAND SMOKE.<sup>2</sup>**

2 **TREAT HIGH BLOOD  
PRESSURE IF YOU HAVE  
IT.<sup>2</sup>**

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

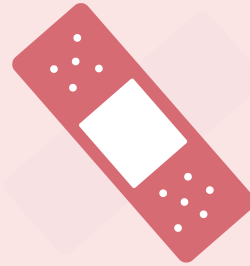
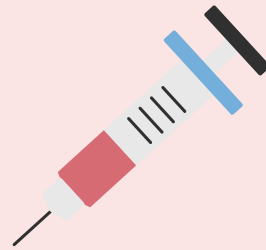
4 **BE PHYSICALLY ACTIVE.<sup>2</sup>**

5 **MAINTAIN A HEALTHY  
WEIGHT.<sup>2</sup>**

6 **CONTROL YOUR BLOOD  
SUGAR IF YOU HAVE  
DIABETES.<sup>2</sup>**

7 **GET REGULAR MEDICAL  
CHECK-UPS.<sup>2</sup>**

8 **TAKE MEDICINE AS  
PRESCRIBED.<sup>2</sup>**



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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