Heart Truth for Women

Know the truth about heart disease risks, symptoms, and prevention

- If you have a heart, you could have heart disease.
- West Virginia ranks 49th among the 50 states and the District of Columbia for heart disease death rates for women.
- About one in three women dies from heart disease.
- Heart disease strikes at younger ages than most people think, and the risk rises in middle age.
- It’s the number-one killer of women.
- Two-thirds of women who have heart attacks never fully recover.

<table>
<thead>
<tr>
<th>Major Causes of Death Among Women in West Virginia</th>
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<tr>
<td>Approximate Number of Deaths Per Year Among West Virginia Women</td>
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<td>Heart Disease</td>
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<td>3,229</td>
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<td>30% of all deaths</td>
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Know these warning signs:
Teach them to your friends and family members.
- chest pain - any pressure, tightness, or aching
- shortness of breath
- sweating
- pain in one or both arms, the back, neck, jaw, or shoulder
- nausea or vomiting
- indigestion
- weakness
- fatigue
- dizziness or lightheadedness
- sleep disturbance
- anxiety

What to do if you have any of these symptoms:
- Get medical help immediately.
- Call 9-1-1 and get to a hospital right away.
- Never “wait and see.” Any delay can result in lasting damage or death.

Follow 6 steps to lower your risk:
1. Talk to your doctor about your risk factors and how to reduce them.
2. Eat a low-fat diet.
3. Lose weight.
4. Get active and fit.
5. Stop smoking.

Sources
- West Virginia Department of Health and Human Resources. (May 2005).
- Centers for Disease Control and Prevention. (December 2000).