

Heart Truth for Women

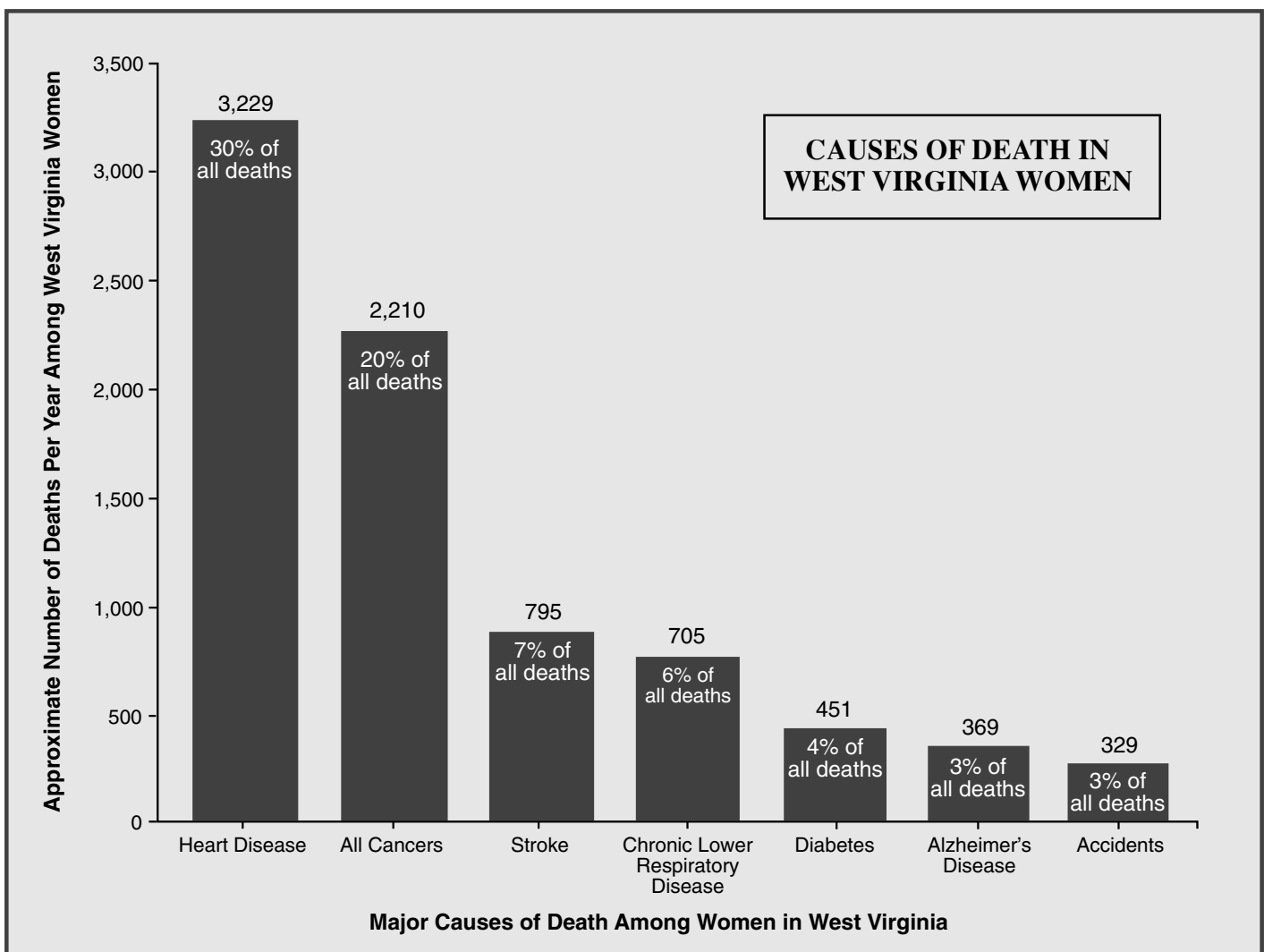
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Know the truth about heart disease risks, symptoms, and prevention

- ♥ 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.



What's YOUR Risk? <i>Take a quick quiz to find out your risk of a heart attack. If you don't know some of the answers, check with your health care provider.</i>	YES	NO	DON'T KNOW
Are you over age 55?			
Did your father or brother have a heart attack before age 55, OR did your mother or sister have one before age 65?			
Do you smoke?			
Is your blood pressure 140/90 mmHg or higher? OR have you been told that your blood pressure is too high?			
Is your total cholesterol 200 mg/dL or higher? OR is your HDL (good cholesterol) less than 40 mg/dL?			
Do you have diabetes? Or is your fasting blood sugar 126 mg/dL or higher? OR do you need medicine to control your blood sugar?			
Are you overweight? Or do you have a body mass index (BMI) score of 25 or more?			
Do you get less than 30 total minutes of physical activity on most days?			
Has a doctor told you that you have angina (chest pains)?			
Have you had a heart attack?			
<i>If you answered yes to one or more questions, you are at increased risk of having a heart attack.</i>			

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.
6. Control stress.



Sources

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