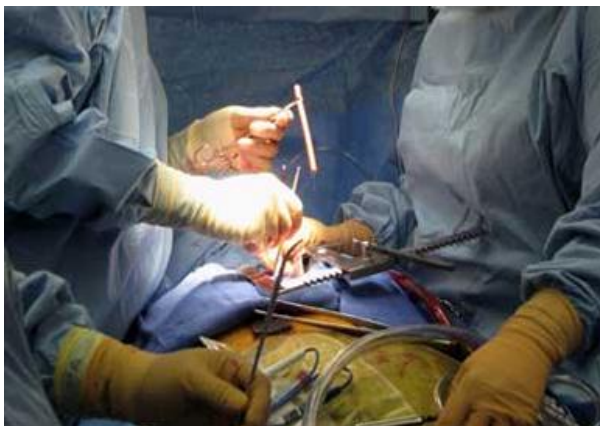


Save Your Sweetheart This Year!

Heart Disease in Women

Women are uniquely designed and do not respond the same as men when they are having a heart attack. Many people still think of older men as the primary victims of heart disease. Yet cardiovascular disease remains the leading cause of death for both men and women. Research has shown that women may have fewer and somewhat different symptoms of heart disease than men



More Frequent Female Bypass Surgery

Cause of Death in Women

Heart disease kills 1 in 3 women

Breast Cancer kills 1 in 30

Smoking Increases your risk

Diabetes increases your risk

Choosing to find a "heart healthy life style can reduce your risk 82%

Male Symptoms:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness

Female Symptoms

- **Chest discomfort** that lasts more than a few minutes, but feels like uncomfortable pressure, squeezing, fullness or pain
- **Discomfort** in one or both arms, back, neck, jaw or stomach
- **Shortness of breath**
- **Breaking out in a cold sweat**, having nausea or lightheadedness.

Women are more likely than men to experience shortness of breath, vomiting or back and jaw pain than men

Obesity Epidemic & Diabetes are linked to increased risk of Heart Disease

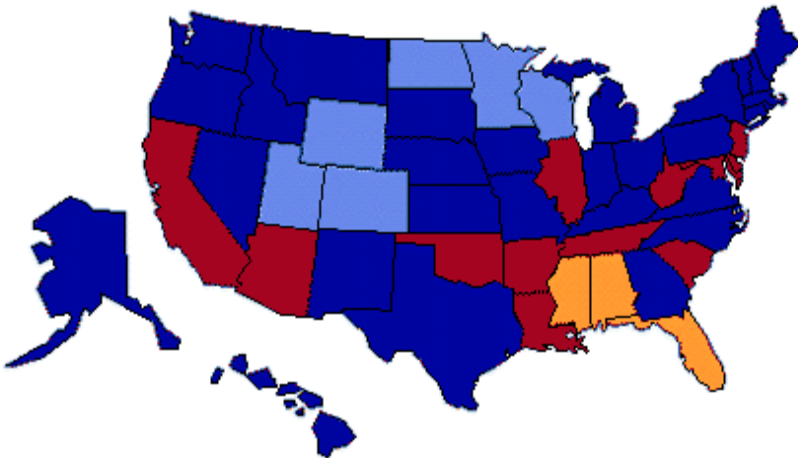
Women's symptoms can be missed!

Many women don't have chest pain. In the *Circulation* study on early female heart attack symptoms, researchers found that during a heart attack, 43% of the 515 women studied had no "acute chest pain... a 'hallmark symptom in men,'" according to study authors.

Nevertheless, the study cited evidence that many emergency room doctors still look mainly for chest pain. Only a minority check for the other types of symptoms that women tend to develop. As a result, doctors may miss heart attacks in women.

"Although women can have chest tightness as a symptom of a heart attack, it's also important for women to recognize that might not be their symptom,"

Diabetes Explosion in America 80% Develop Heart Disease



No Data <4% 4%-6% 6%-8% 8%-10% >10%



Heart Healthy Highlights

Find time to exercise: walk the beaches or the parks

Join a tobacco cessation class: at the Health Department (Rosa Feltrop 227-1276)

Start a Healthy Eating Plan: small changes reduce your risk a lot.

Reduce your stress: Turn the evening news off.

Check on your health

February- Heart & Diabetes Prevention

Drop in your health room and get your blood pressure and blood glucose checked.

The rest of the school year:

Monday- Friday 7:30- 3PM

Take time to take care of yourself.

We have plenty success stories of staff that have found High Blood Pressure or Diabetes and have gotten control!

Resources:

<http://www.webmd.com/heart-disease/features/her-guide-to-a-heart-attack>

<http://www.heart.org/presenter.jhtml?identifier=3044718>

Valentine Week screening

80 Employees

2 Severe Hypertension

14 High blood Pressure

4 Probable new Diabetics

Regina Washabaugh RN

We are fighting for your lives because we Care...