

Know the Facts About Cardiovascular Disease

Cardiovascular Risk Factors

- Family history
- Smoking
- Age—women over 55 years of age
- High total cholesterol (240mg/dL or higher)
- High blood pressure (140/90 mm Hg or higher)
- Physical inactivity (less than 30 minutes total exercise a day)
- Weight (more than 20 pounds overweight for height & build)
- Diabetes (a fasting blood sugar greater than 120 mg/dL)
- Medical history or coronary heart disease or heart attack

Signs and Symptoms of Heart Attack or Stroke

Less common warning signs of heart attack:

- Atypical chest pain, stomach or abdominal pain.
- Shortness of breath and difficulty breathing (without chest pain).
- Unexplained anxiety, weakness or fatigue.
- Palpitations, cold sweat or paleness.

HEART ATTACK

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest that lasts more than a few minutes or goes away and comes back.
- Pain that spreads to the shoulders, neck or arms.
- Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.

STROKE

- Sudden weakness or numbness of face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.

Do you know that women may have some or none of the commonly recognized symptoms of a heart attack?

Instead, women may experience the following:

- vomiting
- nausea
- pain in the right back, shoulder, arm, throat and neck
- profuse sweating
- shortness of breath
- fatigue
- indigestion or stomach pain

Don't delay! Call 9-1-1 if you think you or someone else is experiencing a heart attack or stroke.

