HEART HEALTH IN ACTION

Coronary artery disease is the leading cause of death in the US for men and women. Approximately 400,000 women die each year due to coronary artery disease. Unfortunately, the number of women dying annually from heart disease remains constant compared to men where the death rate is declining. Young women, less than 55 years of age, are twice as likely to die after a heart attack and their risk of dying after hospitalization is about 50% higher than men. Within 6 years of a heart attack 35% of women, compared to 18% of men, will experience another heart attack.

Our goals are to serve as a comprehensive women’s heart program for by increasing

- Education and awareness
- Screening and risk assessment
- Diagnostic testing and treatment
- Lifestyle modification and rehabilitation
- Tracking and evaluation

Supported by the Department of Health and Human Services, Office of Women’s Health
WHAT IS YOUR RISK for HEART DISEASE?

<table>
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<tr>
<th>Important questions for review</th>
<th>Yes</th>
<th>No</th>
<th>Don’t Know</th>
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<tr>
<td>Do you smoke?</td>
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<td>Is your blood pressure 140/90 mm Hg or higher, OR have you been told by your doctor that your blood pressure is too high?</td>
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<td>Has your doctor told you that your total cholesterol level is 200 mg/dl or higher, OR your HDL (good cholesterol) is less than 40 mg/dl?</td>
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<td>Has your father or brother had a heart attack before age 55 or has your mother or sister had one before age 65?</td>
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<td>Do you have diabetes OR a fasting blood sugar of 125 mg/dl or higher, OR do you need medicine to control your blood sugar?</td>
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<td>Are you over 55 years old?</td>
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<td>Do you have a body mass index (BMI) score of 25 or more?</td>
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<td>Do you get less than a total of 30 minutes of physical activity on most days?</td>
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<td>Has a doctor told you that you have angina (chest pains) OR have you had a heart attack?</td>
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</table>
If you answered “yes” to any of these boxes, you are at an increased risk of having a heart attack. If you do not know some of the answers, check with your health care provider.

**GETTING HELP for a HEART ATTACK!!**
Every woman should know how to identify the symptoms of a heart attack and how to get immediate medical help. Ideally, treatment should start within 1 hour of the first symptoms. Recognizing the warning signs and getting help quickly, can save your life.

**Know YOUR Warning Signs**
Not all heart attacks begin with sudden, crushing pain, as is often shown on TV or in the movies. Many heart attacks start slowly as mild pain or discomfort. The most common warning signs for men and women are:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes. It may feel like uncomfortable pressure, squeezing, fullness or pain. The discomfort can be mild or severe, and it may come and go.

- **Discomfort in other areas of the upper body:** including one or both arms, the back, neck, jaw or stomach.

- **Shortness of breath.** May occur along with or without chest discomfort.

**Other signs** include nausea, light-headedness, or breaking out in a cold sweat.
Women's Heart Health Program

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