



There Is No Self-Exam for Heart Disease

HEART DISEASE KILLS MORE WOMEN THAN ALL CANCERS COMBINED

Don't be alarmed—just be aware.

- **Only 56% of women know that heart disease is the #1 cause of death in the US**

Knowing what to look for can make a difference.

- **Women may experience heart disease differently**

Some women have no symptoms at first, while others feel a sharp, burning pain in the chest. Women are also more likely to have pain in the neck, jaw, throat, abdomen, or back. Men may describe chest pain as pressure or a squeezing feeling.

Only 1/2 of women who have heart attacks experience chest pain.

TAKE ACTION

Know Your Risk Factors for Heart Disease

Some risk factors can't be avoided—like age, gender, or family medical history. But you may be able to manage some risk factors by making changes to your lifestyle. Talk to your doctor about these risk factors, which may include high cholesterol, high blood pressure, weight, and waist circumference.

Lifestyle changes might include:



Healthy eating



Exercising



Aiming for a healthy weight



Quitting smoking



Lowering stress levels



Know the Symptoms of a Heart Attack

Everyone experiences symptoms differently—and some might not have symptoms at all.

Some women may experience:

- Shortness of breath
- Chest pain or discomfort
- Weakness
- Unusual tiredness or anxiety
- Back, neck, jaw, stomach, or shoulder pain
- Indigestion, heartburn, nausea (upset stomach), or vomiting
- Lightheadedness or dizziness
- Breaking out in a cold sweat

TALK TO YOUR DOCTOR

Many women don't think of heart disease as such a serious threat. Talk with your doctor about the early detection of heart disease.



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