

# Knowledge is power. Prevention is key.

According to the American Heart Association, the #1 killer of women is heart disease, causing one in three deaths a year.<sup>1</sup>

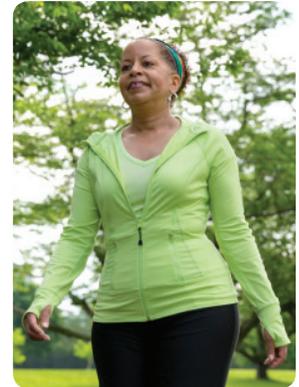
There are several misconceptions about heart disease in women, and they could be putting you at risk. The American Heart Association's Go Red For Women movement advocates for more research and swifter action for women's heart health for this very reason. At OhioHealth, *WE* believe there are preventative measures to improve your heart health. It is important to understand more about heart disease, know your risk factors and learn to recognize the symptoms for a heart attack so you can take an active role in preventing your heart disease.

## Improve your health. Know if you are at risk.

Here are the a few things you can do to improve your heart health:

- + Did you know smoking causes about 30 percent of all heart disease and strokes? Visit [OhioHealth.com/GrantFitnessCenter-TobaccoCessation](http://OhioHealth.com/GrantFitnessCenter-TobaccoCessation) for help on quitting.
- + Diabetes is a risk for heart disease, be sure to manage your blood sugar and maintain a healthy diet.
- + Know your numbers:
  - Blood glucose (goal <100mg/dl).
  - Blood pressure (goal < 120/80mmHg).
  - Goal weight (Body Mass Index (BMI) between 18-25).
  - Minutes of exercise per week (goal of 150 minutes of moderate exercise/week).
  - Cholesterol
- + Talk to your family to discover your family's unique history. Discuss it with your doctor. This is an invaluable diagnostic tool that will help your health care provider have a clearer picture of what to watch for in your health, and might call for additional screenings in specific areas.
- + Get active. Move more, sit less, sweat a little. Achieve at least 150 minutes (2.5 hours) of moderate intensity physical activity a week.
- + High blood pressure during pregnancy can lead to a complication of pregnancy known as pre-eclamsia.
- + Having Polycystic Ovarian Syndrome (PCOS) is a risk factor for heart disease.
- + For women, Systemic Lupus Erythematosus (SLE) and Rheumatoid Arthritis are recognized as risk factors for heart disease.
- + Recognize stress as a risk: what are your stressors? How do you manage stress? What makes you happy, relaxed and satisfied?

## Heart attack symptoms in women are different.



Symptoms of a heart attack in women include:

- + Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes, or goes away and comes back.
- + Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- + Shortness of breath, with or without chest discomfort.
- + Other signs such as breaking out in a cold sweat, nausea, vomiting or lightheadedness.

### What to do during a heart attack.

Here's what you should do if you are experiencing any of these signs or symptoms:

- + Do not wait to call for help. Dial 9-1-1, make sure to follow the operator's instructions and wait for emergency responders.
- + Try to stay as calm as possible and take deep, slow breaths while you wait for the emergency responders.

### What you should do today.

As the region's leader in heart and vascular care, OhioHealth takes heart disease prevention, awareness and treatment very seriously. We have made a commitment to educate you about the signs and symptoms of heart disease and what you can do to manage your risk factors. Here are simple actions you can take today to get a pulse on your heart health:

- + Create a "heart attack survival plan" that includes information about medicines you are taking, allergies, your doctor's number, and people to contact in case you go to the hospital. Keep this information in your wallet.
- + Call your primary care physician for an appointment to get current blood pressure, cholesterol and blood sugar levels. If you do not have a PCP, call (614) 4-HEALTH or visit [ohiohealth.com](http://ohiohealth.com) and we will help you find one.
- + Arrange in advance to have someone care for dependents in the event of an emergency.

**LEARN MORE!**

**To learn more about heart and vascular services offered at OhioHealth, visit [www.ohiohealthheartandvascular.com](http://www.ohiohealthheartandvascular.com)**

## Women's heart disease facts.

- + Eighty percent of heart disease in women is preventable, and more women are beating heart disease than ever before.
- + An estimated 43 million women in the U.S. are affected by heart disease.
- + Ninety percent of women have one or more risk factors for developing heart disease.
- + While 1 in 31 American women dies from breast cancer each year, 1 in 3 dies of heart disease.
- + For more facts and a study on women's heart health visit [GoRedForWomen.org](http://GoRedForWomen.org).
- + The symptoms of heart disease can be different in women and men, and are often misunderstood.<sup>1</sup>