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A Woman's Heart

Do you know the symptoms of a heart attack? Did you know they can be different for women than for men?

Since heart disease is the number one killer of women, it is vital to learn the facts. When you talk about a heart attack, most people think of chest pain. But women are more likely to have:

- Shortness of breath
- Nausea and vomiting
- Back or jaw pain

Other signs might be dizziness, extreme tiredness or pain in the lower chest or upper abdomen. Seeking care right away can save a woman's life. Sixty-four percent of women who die suddenly from heart disease had no warning signs before.

The good news is 80% of heart attacks and strokes can be prevented with lifestyle changes. The more we know about heart disease in women, the better chance women have of beating it.

Source: American Heart Association



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