

# WHAT WOMEN NEED TO KNOW ABOUT HEART DISEASE AND HEART ATTACKS

## Are women at risk?

Yes. Heart disease is the leading cause of death among women over 65. It causes more deaths than all cancers combined.



## What do women need to know about heart disease and heart attacks?

Women are less likely to survive heart attacks than men.

Warning signs of a heart attack include:

- Chest discomfort
- Discomfort in one or both arms, neck, jaw, back or stomach
- Shortness of breath
- Nausea, lightheadedness, breaking out into a cold sweat

## What can women do to protect themselves?

Know your risk. Risk factors are conditions that make a person more likely to develop a disease. There are risk factors we can't change, for example, family history (heredity) and age. Important risk factors that we can change include:

- Smoking
- High blood pressure
- High blood cholesterol
- Overweight
- Inactivity
- Diabetes

## Will hormone replacement therapy (HRT) reduce risk for heart disease?

No. Research results reveal the risk for heart attack and heart disease may actually be increased. HRT can help minimize the symptoms of menopause (such as hot flashes) and reduce the risk of osteoporosis (weakening of the bones). Talk with your women's health care provider about your specific questions and concerns.

**If you think you or someone else is having a heart attack,  
seek help immediately!**