



# WOMEN AND HEART DISEASE

KNOW THE SIGNS. TAKE ACTION

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## HEART ATTACK SYMPTOMS

- Discomfort in the back, shoulders, arms, stomach, jaw, neck or throat
- Inability to sleep
- Shortness of breath
- Lightheadedness or dizziness
- Nausea or vomiting
- Breaking out in a cold sweat

## HEART DISEASE RISK FACTORS

- Low levels of estrogen after menopause
- Mental stress and depression
- Metabolic syndrome
- Smoking

## IMPROVE YOUR HEART HEALTH

- Exercise
- Eat a diet that is low in saturated fat and cholesterol
- Finding ways to cope with stress
- Know your family history
- Quit smoking and limit alcohol