


# Heart Health Tips and Strategies for Busy Women



Most women think of heart disease as a man's problem, but we're wrong – often dead wrong. In fact, heart disease is the number one killer of women in the U.S. Nearly one in every two women will die of heart disease or stroke. That's why it is vital for women to know if they are at risk for heart disease and what to do if they think they are having a heart attack.

We hope that you use the following tips and strategies to educate yourself about heart disease, and we encourage you to share this information with the women you love.

## Just the (Startling) Facts

- Cardiovascular disease kills nearly twice as many women as all forms of cancer.
- One in 2.6 women will die of cardiovascular disease compared with 1 in 30 from breast cancer.
- 49% of African American women have some form of cardiovascular disease.
- 31% of Hispanic women die of heart disease or stroke.
- More women than men die from a stroke each year.
- 64% of women who died suddenly of a heart attack had no previous symptoms.

Source: American Heart Association

## Strategy

### Know the Symptoms of a Heart Attack

Pain in your left arm. Tightness in your chest. These are symptoms people typically associate with a heart attack. But women can experience symptoms that are quite different. Know the symptoms so that you can get emergency care faster.

#### Classic Symptoms:

- Squeezing chest pain or pressure
- Shortness of breath
- Sweating
- Pain spreading to the shoulders, neck or arms

#### Symptoms Women Experience:

- Indigestion or gas-like pain
- Dizziness, nausea or vomiting
- Unexplained weakness or fatigue
- Discomfort or pain between the shoulder blades
- Sense of impending doom

## Strategy

### Find Out if You're at Risk

If you have one or more of these risk factors, you may be at risk for heart disease:

- High blood pressure
- High cholesterol
- Overweight
- Cigarette smoking
- Lack of exercise
- Diabetes
- Post menopausal
- Family history of heart disease
- Poor nutrition
- Stress

## Tip

### 8 critical questions you should ask your doctor:

1. What are my risk factors for heart disease and what can I do to lower my risk?
2. What are the warning signs of heart disease or a heart attack?
3. What should I know about the effects of menopause on my health?
4. What are my blood pressure, cholesterol, glucose and body mass index numbers?
5. If I am a smoker, what is the best way for me to quit?
6. Are my risk factors for heart disease the same or different for stroke?
7. What is the latest on low-dose aspirin therapy for heart attack prevention and treatment?
8. If I experience any symptoms of a heart attack, what should I do?



### Strategy

#### Learn What You Can Do To Prevent Heart Disease

Congratulations, you are already on your way to preventing heart disease. Educating yourself about symptoms and risk factors is a great first step. The following are some other simple things you can do:

**Get physical:** Take a walk after dinner. Join a dance class. Find something you love that gets you moving.

**Eat right:** Lose the fried foods and ice cream and make the switch to whole grains, fruits and vegetables.

**Stop smoking:** You will save money, feel better and do your body a world of good.

**Relax:** Read a book. Find a hobby. See a movie with a friend.

### Tip

#### Get to Know our Heart & Vascular Center

The Roper St. Francis Heart & Vascular Center is dedicated to educating and caring for cardiovascular patients offering leading edge treatments delivered by skilled and compassionate doctors and nurses. From diagnostic procedures to surgery to rehabilitation, Roper St. Francis Heart & Vascular Center is the place to go in the Lowcountry for all of your adult heart and vascular needs.

### Tip

#### Find a Doctor for Your Heart

Roper St. Francis has an excellent team of board certified cardiologists and vascular specialists. For a free doctor referral, call 402-CARE or visit us at [www.rsfh.com](http://www.rsfh.com).

#### Roper St. Francis Heart & Vascular Center

316 Calhoun Street  
Charleston, SC 29401

#### Roper St. Francis Specialty Clinics

##### Beaufort Cardiology

Beaufort Memorial Hospital  
Medical Office Building, Suite 300  
989 Ribaut Road  
Beaufort, SC 29902  
Phone: (843) 522-7110  
Fax: (843) 322-1944

##### Cardiothoracic Surgery of Charleston

4835 Highway 17 South  
Murrells Inlet, SC 29576  
Phone: (866) 202-6276  
Fax: (843) 727-3602

##### Cardiothoracic Surgery of Charleston

56 Persimmon Street  
Bluffton, SC 29910  
Phone: (866) 202-6276

##### Ocean Cardiology

4630 Highway 17 Bypass  
Murrells Inlet, SC 29576  
Phone: (843) 357-1299  
Fax: (843) 357-9378

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[www.rsfh.com/heartandvascular](http://www.rsfh.com/heartandvascular)

# You're Sassy & Smart, How's Your Heart?

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