WOMEN: How Much Do You Know About Heart Disease?

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More women die of heart disease every year than from all forms of cancer combined.

90% of women have one or more risk factors for developing heart disease.

Heart attack symptoms can be different in women
Chest pain or discomfort is the most common heart attack symptom for both men and women.

But women are somewhat more likely than men to experience other symptoms, particularly:
- Shortness of Breath
- Nausea/Vomiting
- Back Pain
- Jaw Pain

Risk factors you CAN control:
- High blood pressure
- High cholesterol
- Diabetes
- Smoking
- Excess weight or obesity
- Lack of physical activity
- Unhealthy diet
- Stress

Risk factors you CAN’T control:
- Age
- Family history

Learn more about heart health at www.westsuburbanmc.com

Sources: American Heart Association; National Heart, Lung, and Blood Institute