



Thank you !!

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A Woman's Heart

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What is Heart Disease?

- Narrowing of the coronary arteries
- Symptoms- Angina
- Diagnosing Heart Disease- electrocardiogram; stress test; nuclear scan; angiogram
- Chronic Disease- Preventable- Prevention

Is There a Problem?

- HD is NOT only a man's disease- It is a women's disease too
- Lack of Awareness
- Under diagnosed
- Undertreated
- Under researched

What about Women and HD?

- One in 3 women die of HD- too many women do not know this.
- More women die of HD than breast, uterine and ovarian cancer together.
- Too many women are not aware of what HD disease symptoms to look for.
- Women often delay getting professional healthcare help.
- After a heart attack women get less information about HD risks than men.

Women and HD

- More women will die within 1 year after a heart attack than men.
- Risk factors – smoking- more potent in women- women have more high blood pressure & depression.
- Diabetic women are at greater HD risk than diabetic men.

Risk Factors

The Bad News- Non-modifiable risk factors

Age

Family History – hereditary

Sex

Risk Factors

The Good News- HD is largely **Preventable**

Modifiable Risk Factors

cholesterol

diabetes

blood pressure

weight

smoking

physical activity

stress

nutrition

So What Can You Do ?

- High Cholesterol- weight loss; nutrition; medications
- High blood Pressure- weight loss; less salt, alcohol, physical activity; medications
- Diabetes- nutrition; regular physical activity ; weight loss
- Good Nutrition- Med Diet; DASH diet

What can you do ?

- Overweight- only 5 lbs., fitness level, pebble in a pond
- Physical Activity- 150 mins/wk; doing something is better than doing nothing; not too late
- Smoking- cessation- free
- Stress- the toll; strategies- relaxation, physical activity

What to Watch for- Heart Attack

Common symptoms may include:

Uncomfortable pressure, fullness, burning, pressure or sensation in the chest

Pain in the neck, chest, arms or back

Unusual shortness of breath

Nausea, vomiting, dizziness or sweating

Unusual fatigue

You may not feel all of these symptoms

Call 911

What to Watch for- Stroke

- Sudden weakness or numbness in face, arm or leg especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness or loss of balance or coordination
- Sudden severe headache with no known cause

FAST-Call 911

Take Home Message

- Heart disease is a largely preventable manageable disease- take control- ***Be Proactive.***
- HD ***IS*** a women's disease- Ask your healthcare professional about your risks .
- Being physically active, eating better, maintaining a healthy weight, quitting smoking, avoiding diabetes , taking your medications ,and dealing with stress are all contributors to your heart health.
- Role models- “***Be a Friend- Tell a Friend***”

- Women's Healthy Heart Initiative- donations
www.whhionline.ca
- Heart and Stroke Foundation