



Keys to a Healthy Heart

PAY ATTENTION

- Fact:** 50% of deaths occur within 1 hour of a heart attack . . . outside a hospital. This suggests that many people with heart disease don't act on early warning signs.
- Fact:** Men suffer heart attacks about 10 years earlier in life than women.
- Fact:** On average, women take 2-4 hours longer than men to respond to the symptoms of a heart attack.



Men and Women REALLY are different . . .

As doctors learn more about heart disease . . . they're finding that the signs and symptoms of heart disease differ between the sexes:

MEN'S SYMPTOMS	WOMEN'S SYMPTOMS
Pressure/fullness/crushing feeling in the chest area	A feeling of breathlessness, often without chest pain of any kind
Difficulty breathing, lightheadedness, fainting	Flu-like symptoms – clammy feeling, nausea, cold sweats
Pain that shoots down one arm or in the jaw	Unexplained fatigue, weakness or dizziness
Nausea	Feeling of anxiety
Sweating	Pain in the upper back, shoulders, neck or jaw; pain can be sudden or it can come and go

It's important to know YOUR symptoms. It could be a matter of life or death!