

WARNING: EARLY HEART ATTACK SIGNS DIFFERENT IN WOMEN

Some heart attack symptoms can be different between men and women. Why does this matter?

- Women may be less likely to seek immediate medical care which can cause more damage to the heart
- Women may feel pain and numbness in the right arm or side of chest, while men normally feel these symptoms on the left side
- Women may feel completely exhausted, drained, dizzy or nauseous
- Women may feel upper back pain that travels up into their jaw
- Women may think their stomach pain is the flu, heartburn or an ulcer

Trust Your Heart to St. Luke's University Health Network

The St. Luke's University Health Network is dedicated to providing patients with the knowledge and education needed to help recognize the signs of heart attacks. Nationally recognized St. Luke's Heart & Vascular Center consists of a comprehensive team of talented, board-certified physicians and surgeons who consistently perform above the national and state averages in the care of cardiac patients.

St. Luke's was first in the region to receive Chest Pain Center accreditation.

Additional information can be found from these resources:

- AHA.org
- Cardiosmart.org
- Nhibi.nih.org
- Eatright.org
- SLUHN.org/Heart



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Question? Call 1-866-STLUKES (785-8537)

EARLY HEART ATTACK CARE

DON'T BECOME A STATISTIC



Facts:

It's the No. 1 cause of death in the United States and each year, about 715,000 people in the United States have a heart attack.

Get educated, get help.



WHAT ARE THE RISK FACTORS?

**These are the general risk factors.
Discuss your risk with your doctor.**

- Chest pain, pressure, burning, aching or tightness (may come and go)
- A family history of cardiovascular disease
- High blood pressure
- Overweight or obese
- Sedentary lifestyle
- Using tobacco products
- Metabolic disease, diabetes or other illnesses
- For women, it can also include birth control pills, a history of pre-eclampsia, gestational diabetes or having a low birth weight baby

50% OF SUDDEN CARDIAC DEATHS OCCUR
OUTSIDE THE HOSPITAL BECAUSE
PEOPLE DON'T TAKE ACTION
IN THE EARLY STAGES



Early heart attack care is about knowing the **subtle danger signs** that can **occur days or weeks before** a heart attack.

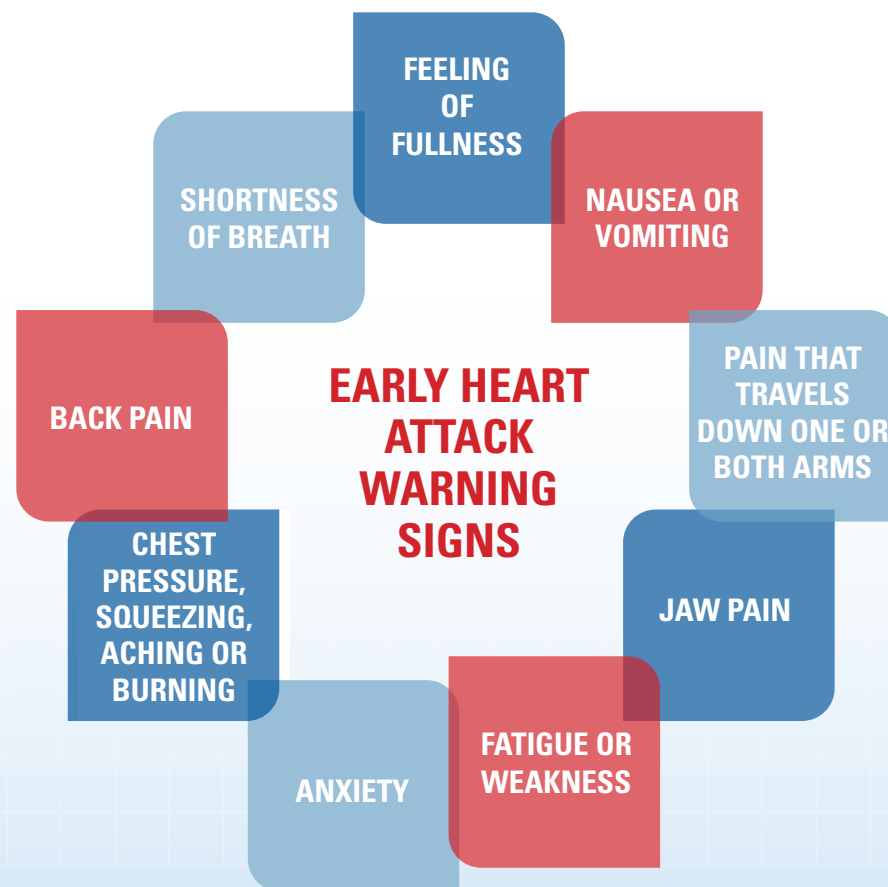
**85% OF HEART DAMAGE
OCCURS WITHIN 2 HOURS OF
THE ONSET OF CHEST PAIN**

By **paying attention**
to mild changes in your body, you
can prevent a heart attack and
significant, *irreversible*, damage to your heart.

LEARN THE EARLY SIGNS & SYMPTOMS

**People may or may not experience
any or all of these symptoms.**

They may experience mild chest symptoms, such as pressure, burning, aching or tightness. These symptoms may come and go until finally becoming constant and severe.



SURVIVE. DON'T DRIVE. CALL 9-1-1