

# HEART ATTACK

- ♥ **Getting treatment at the first sign of distress is critical for lifesaving clot-buster medicine to work**
- ♥ **New blood tests can diagnose a heart attack more quickly and accurately**

There are about 500,000 heart attack deaths in the U.S. each year. At least 250,000 people die before they even get to the hospital. Many of these deaths could be prevented by acting quickly and by getting treatment right away, especially within the first hour of having chest pain. Women account for nearly half of all heart attack deaths. Between the ages of 40 and 60, as many women die of heart disease as breast cancer. Over a lifetime, heart disease kills *five times* as many women as breast cancer. Heart disease is our nation's number one killer. \* *Are you at risk?*

Listed below are risk factors for heart attack. Check those that apply to you:

- Family History       65+ Years of Age       Smoking       Post-Menopausal       Diabetes  
 High Blood Pressure       Elevated Lipids       Physical Inactivity       Abnormal heartbeat       Overweight  
 Birth Control Pills (*in combination with smoking*)

## The Warning:

## A Heart Attack can cause some or all of these symptoms:



- Pressure, fullness, discomfort or squeezing in the center of the chest
- Stabbing chest pain
- Pain that radiates to the shoulders, back, neck, arm(s) or jaw
- Pounding heart beats (palpitations) or feeling extra heartbeats
- Sweating for no apparent reason
- Difficulty breathing or shortness of breath
- Nausea, vomiting or severe indigestion
- Upper abdominal pain
- Dizziness with weakness
- Sudden extreme fatigue
- Panic with a feeling of impending doom

**Many women report sudden onset of unusual fatigue, like the flu, as their only warning sign, often without any chest pain at all.**

## If You Suspect A Heart Attack, Call 9-1-1.

Chew an uncoated aspirin, call 9-1-1 and say "*I am having a heart attack.*" The ambulance will transport you to the nearest medical facility with 24-hour emergency care. Getting treatment quickly could save your heart muscle from permanent damage. Clot buster medicine and coronary angioplasty work best if provided at the first sign of distress, so ***DON'T WAIT, and don't drive yourself to the hospital. Call 9-1-1, and get to the emergency room without delay. Every minute counts!***

## In the Hospital Emergency Room...

The doctor will order an electrocardiogram (EKG) and blood work to see if you have had a heart attack. Even if your EKG is normal, more testing is necessary. A number of new tests make it possible to diagnose a heart attack more quickly and more accurately than ever before. Emergency room doctors have been trained to diagnose heart attacks quickly and to start treatments rapidly to prevent damage to your heart. **The emergency room doctor may feel that you are not in any danger and that you may go home, but if you are not comfortable with this decision, ask for an opinion from a cardiologist before being released.**

**When communicating symptoms, be CLEAR, OBJECTIVE & PERSISTENT.  
Insist on the best care for your heart.**

**HEALTHY HEARTS PROGRAM**   
Women's Heart Foundation, PO Box 7827, West Trenton, NJ 08628  
[www.womensheart.org](http://www.womensheart.org)