



**WOMEN CAN HAVE IT ALL. EVEN HEART DISEASE.**

**HEART DISEASE IS THE #1 KILLER OF WOMEN.**

## GET HEART CHECKED

Your health care provider can calculate your 10-year and lifetime risk of heart disease. Tests and screenings will vary depending on your age and family history. Your heart check should include:

### MEDICAL HISTORY

- Any heart disease symptoms, such as shortness of breath, chest pain or fatigue
- Personal history of or current pregnancy complications that increase heart disease risk
- Personal or family history of hypertension, diabetes, high cholesterol, heart disease or stroke

### SCREENINGS

- Physical exam to measure blood pressure
- Blood work to measure your cholesterol, triglycerides, and sugar levels
- For those with heart disease, a screening for depression

### LIFESTYLE

- Diet
- Exercise
- Alcohol and tobacco habits

### RISK FACTORS

- Autoimmune diseases such as lupus or rheumatoid arthritis
- Early onset menopause
- Migraines with aura
- History of cancer treatment

## KNOW THE SIGNS

The symptoms of a heart attack in women can be different and more subtle than in men. In addition to chest pain, which is the most common sign in both women and men, women are more likely to have at least one of these other signs:

- **JAW PAIN**
- **NAUSEA & INDIGESTION**
- **UNUSUAL FATIGUE**
- **DIZZINESS**
- **BACKACHE**
- **SHORTNESS OF BREATH**