

KNOW THE WARNING SIGNS? IT COULD JUST SAVE YOUR LIFE.

HEART ATTACK AND STROKE WARNING SIGNS

Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. Here are some of the signs that can mean a heart attack is happening.

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath. This may occur with or without chest discomfort.
- Other signs. These may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, or 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

Dial 9-1-1 FAST

Heart attack and stroke are life-or-death emergencies — every second counts. If you suspect you or someone you are with has any of the symptoms of heart attack or stroke immediately call 9-1-1 or your emergency response number so an ambulance can be sent. Don't delay — get help right away!

For a stroke, also note the time when the first symptom(s) appeared. If given within 3 to 4.5 hours of the start of symptoms, a clot-busting drug may improve the chances of getting better faster.



**American
Heart
Association®**

life is why™



A program of the National
Institutes of Health

The American Heart Association and National Heart, Lung, and Blood Institute, working together for health, for women, for healthy hearts.

GoRedForWomen.org

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Be 1 in a Million

Join *Million* Hearts™

four FACTS

Be 1, in a **MILLION** by taking the pledge to live a **HEALTHIER LIFESTYLE**. Join South Dakota in helping to prevent 1 Million Heart Attacks by 2017! Do it for yourself, or someone you love.

It's easy, and it's **FREE**.

Take **ACTION**
Take the **PLEDGE**

www.facebook.com/SDHealthyLife

- ALMOST **1/2** of **ALL** ADULTS HAVE **ONE MAJOR RISK FACTOR FOR CARDIOVASCULAR DISEASE**
- NEARLY **800,000** people DIE OF STROKE OR HEART DISEASE EVERY YEAR.
- CVD TAKES THE LIVES OF **more** THAN **2,150** AMERICANS EACH DAY
- only **46%** of ADULTS IN SOUTH DAKOTA MEET THE **FEDERAL GUIDELINES FOR PHYSICAL ACTIVITY**

WOMEN FACE HIGHER RISK OF STROKE

NEW GUIDELINE OFFERS WAYS TO LOWER YOUR RISK

WOMEN HAVE MORE STROKES THAN MEN, AND STROKE KILLS MORE WOMEN THAN MEN.

Talk to your healthcare provider about how to lower your risk, using the below information from the new American Heart Association/American Stroke Association prevention guidelines.



1 in 5 WOMEN has a **STROKE** at some point in her life

Stroke RISK GOES UP due to ...



PREGNANCY

About 3 out of 10,000 pregnant women have a stroke during pregnancy compared to 2 out of 10,000 young women who are not pregnant.

+



PREECLAMPSIA

This is a term for high blood pressure that develops during pregnancy, and it doubles the risk of stroke later in life.



BIRTH CONTROL PILLS

May double the risk of stroke, especially in women with high blood pressure.



HORMONE REPLACEMENT THERAPY

Once thought to lower stroke risk, this in fact increases the risk.



MIGRAINES WITH AURA + SMOKING

Strokes are more common in women with migraines with aura who also smoke.



ATRIAL FIBRILLATION

Quadruples stroke risk and is more common in women than men after age 75.

LOWER YOUR RISK for stroke by...

Pregnant women with very high blood pressure should be treated with safe blood pressure medications.

Talk to your healthcare provider about whether you should follow the guideline recommendation of low-dose aspirin starting in the second trimester (week 12) to lower preeclampsia risk.

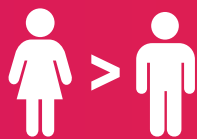
Women should be screened for high blood pressure before taking birth control pills. Women should not smoke, and they should also be aware that smoking and the use of oral contraceptives increases the risk of stroke.

Hormone replacement therapy should not be used to prevent stroke in postmenopausal women.

Smokers who have migraines with aura should quit to avoid higher stroke risk.

All women over age 75 should be screened for atrial fibrillation.

STROKE BY THE NUMBERS



About **55,000** more women than men have a stroke each year.

STROKE IS THE

#3

cause of **DEATH** in Women

#4

cause of **DEATH** in Men

Number of STROKE DEATHS IN ONE YEAR



Women

77,109



Men

52,367

(from 2010, the most recent year the statistics are available)



Do you know how to identify a stroke and when emergency help is needed?

Learn how to spot a stroke **F.A.S.T.** at StrokeAssociation.org/warningsigns

It's free and easy to join
Go Red For Women®



Let's Unite

Each year, 1 in 3 women's deaths in the United States is due to heart disease or stroke. Fortunately, we can change that because 80 percent of cardiac events such as premature heart disease, stroke and diabetes may be prevented with education and lifestyle changes.

**Let's unite to prevent heart disease and stroke.
It's time to put our heart into it and Go Red For Women®.**

- G: GET YOUR NUMBERS** Ask your doctor to check your blood pressure and cholesterol.
- O: OWN YOUR LIFESTYLE** Stop smoking, lose weight, exercise, and eat healthy It's up to you. Join Facebook.com/groups/GoRedGetFit.
- R: RAISE YOUR VOICE** Advocate for more women-related research and education.
- E: EDUCATE YOUR FAMILY** Make healthy food choices for you and your family. Teach kids the importance of staying active.
- D: DONATE** Show your support with a donation of time and money.



**Join the movement and discover our resources at
GoRedForWomen.org/Healthcare.**



Go Red For Women and this event are proudly sponsored by

