

Be Your Own
**HEART
HERO**

STAND UP for
your **HEALTH!**

- **GET SCREENED** every year
- **DON'T IGNORE** symptoms
- **ASK QUESTIONS** about your heart health

**HEART
DISEASE** is
the **#1 KILLER
OF WOMEN**

It causes **MORE
WOMEN'S DEATHS
THAN CANCER,**
including
breast cancer

♀ **HEART ATTACK SYMPTOMS**

Arm, neck, jaw or back pain



Chest pain or discomfort

Shortness of breath



Nausea or
vomiting

Dizziness or
lightheadedness



OTHER SYMPTOMS:

- ▶ Cold sweat
- ▶ Unusual tiredness
- ▶ Trouble sleeping

♀ **RISK FACTORS UNIQUE TO WOMEN**

Many women experience **NO SYMPTOMS.**
It's important to **KNOW YOUR RISKS.**


MENOPAUSE

 Many
**OVARIAN
CYSTS**



HIGH BLOOD PRESSURE or
DIABETES during pregnancy

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

▶ For more information, visit [CardioSmart.org/WomenHeartDisease](https://www.CardioSmart.org/WomenHeartDisease)