

# MAFES Dawg Tracks



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Safety Tips: Heart Attack  
Symptoms & Protection



Coronary heart disease remains the #1 killer in the USA.

## Heart Disease Facts-

- ✓ Approximately 600,000 people die of heart disease in the USA every year-that's 1 in every 4 deaths.
- ✓ Heart disease is the leading cause of death in both men and women. More than half of the deaths due to heart disease in 2009 were men.
- ✓ Coronary disease is the most common type of heart disease, killing nearly 380,000 people annually.
- ✓ Every year 720,000 people have heart attacks, 515,000 are "first-timers" and 205,000 happen in people who have had one before.
- ✓ Coronary heart disease costs in the USA is \$108.9 billion each year, including health care services, medications, and lost productivity.

## Warning Signs and Symptoms-

- ✓ Upper body pain or discomfort in the arms, back, neck, jaw or upper stomach.
- ✓ Shortness of breath
- ✓ Nausea, lightheadedness or sweats.

## Risk Factors Include:

- ✓ High blood pressure
- ✓ High LDL cholesterol
- ✓ Smoking
- ✓ Diabetes
- ✓ Overweight and obesity
- ✓ Poor diet
- ✓ Physical activity

## Tips to Protect Your Heart-

Lowering your blood pressure and cholesterol, and smoking are key risk factors of dying of heart disease.

- ✓ Follow your doctor's instructions and stay on your medication.
- ✓ Eat a healthy diet that is low in salt, low in total fat, saturated fat, and cholesterol; and rich in fresh fruits and vegetables.
- ✓ Take a brisk 10-minute walk three times each day 5 days a week.
- ✓ Don't smoke. If you do smoke, quit as soon as possible.  
Visit [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco) and [www.smokefree.gov](http://www.smokefree.gov) for tips on quitting.

## Heart Disease in Women-

Heart disease is the #1 killer in women in the USA. Yet, 1 to 5 women believe that heart disease is their greatest health threat. According to the American Heart Association, women are less likely to call 9-1-1 when experiencing symptoms of a heart attack themselves. It just doesn't occur to them to do so. The Reason being because the bulk of the media attention on the disease is focused on men.

## Heart Disease Facts in Women-

- ✓ Heart disease causes 1 in 3 women's deaths each year, killing one woman every minute.
- ✓ 90% of women have one or more risk factors for developing heart disease.
- ✓ Since 1984, more women than men have died each year from heart disease, and the gap between men and women's survival continues to widen.
- ✓ The symptoms of heart disease can be different in women vs. Men, and are misunderstood.
- ✓ While 1 in 31 American women die from breast cancer each year, 1 in 3 die of heart disease.

## Heart Attack Symptoms in Women-

- ✓ Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts only a few minutes, or goes away and comes back.
- ✓ Pain or discomfort on one or both arms, the back, neck, jaw, or stomach.
- ✓ Shortness of breath with or without chest discomfort.
- ✓ Other signs, such as breaking out in a cold sweat, nausea or lightheadedness.
- ✓ As with men, women's most common heart attack symptoms is chest pain or discomfort. But women are more likely than men to experience some of the other common symptoms, particular shortness of breath, nausea, vomiting, and back or jaw pain.

**If you experience any of these signs, don't wait more than 5 minutes to call 9-1-1 and get to a hospital right away.**

**Take care of yourself! Get an appointment with your health care specialist to let him give you a complete physical.**

**If you smoke – QUIT!! Get plenty of exercise.**

**KEEP YOUR FUTURE BRIGHT  
BY PRACTICING GOOD SAFETY HABITS  
SAFETY IS ALWAYS IN SEASON**

**ACCIDENTS HURT <><> SAFETY DOESN'T**