

What You Do Matters

For Healthy Living in Eastern Maine Communities

www.WhatYouDoMatters.org

February 2009

Wear Red on February 6th to Celebrate Women's Heart Health

It is a myth that heart disease is a man's problem.

- Heart disease kills more American women than men
- Men and women often experience different symptoms
- Men are more likely to experience pain or pressure in the chest while women experience discomfort
- Women are more likely to ignore or be unaware they are having a heart attack because they often don't experience the classic warning signs.



Women should pay attention to:

- Discomfort or pressure in the chest
- Pain in one or both arms, upper back, neck, jaw, or stomach
- Nausea or vomiting
- Trouble breathing
- Breaking out in a cold sweat
- Dizziness or lightheadedness
- Inability to sleep
- Unusual fatigue
- Paleness or clammy skin

Call 911 immediately!
It's better to be safe than sorry.

For more information visit:
www.sistertosister.org

Heart Disease is the #1 Killer in the United States

Know the symptoms of a heart attack and call 911 immediately with any of these symptoms:

- Pain or discomfort in the jaw, neck, or back
- Feeling weak, lightheaded or faint
- Chest pain or discomfort
- Pain or discomfort in arms or shoulders
- Shortness of breath

You are 50% more likely to survive a heart attack if you get treatment *within the first hour*.

Call 911 for an ambulance so EMS can begin treatment right away and the emergency room can prepare for your arrival.

You are at higher risk for a heart attack if you:

- Smoke
- Have high blood pressure
- Are overweight or obese
- Have diabetes
- Have high cholesterol
- Aren't physically active

Help prevent heart attacks!

- Reduce your intake of fatty foods
- Be sure to get at least 5 servings of fruits and vegetables a day
- Walk at least 30 minutes a day to reduce your risk of heart disease, stroke, and many other conditions.
- Visit www.healthymainewalks.org for indoor and outdoor walking areas around you.
- Stop using tobacco! Call the Maine Tobacco Hotline for assistance: 1-800-207-1230
- Manage stress.

For more information visit: <http://healthymainepartnerships.org/mcvhp/index.aspx> and www.americanheart.org