

Women's Heart Week

The Nation's number one leading cause of death is heart disease. Women being its prime target with over one-third of those deaths in the U.S. each year. Nearly half of women ages 20 and older are affected by heart disease and the risk of heart attack and stroke increases as you get older, especially after menopause. Preventative measures you can take are:



Warning signs of a heart attack in women

Chest pain is the most common heart attack symptom in both women and men. However, women are more likely than men to have non-chest pain symptoms, including:



Strokes are the 5th highest cause of death in the U.S. and a leading cause of severe, long-term disability. Knowing signs and symptoms of a stroke can save lives. Signs of a stroke in women can be subtle and less obvious like heart attacks in women. Stroke symptoms that may be seen in women are:

- Numbness/weakness in the face, arm or leg
- Disorientation, confusion or memory problems
- Trouble speaking or understanding speech
- Vision problems/loss
- Trouble walking or lack of coordination/balance
- Severe headache without a known cause
- Fatigue
- Nausea/vomiting

