

*Join Us!*



**Did you know that cardiovascular disease is the leading cause of death for women?**

Overleaf is a summary of some of the most common heart attack and stroke symptoms in women, including how these symptoms may sometimes differ from those in men.

*Turn over to learn more about the symptoms of the most common cardiovascular problems that women may encounter*



# Recognising Problems & Symptoms

## Recognising a heart attack

A heart attack occurs when an artery that sends blood and oxygen to the heart is blocked. Symptoms of a heart attack vary. Some people have mild symptoms. Others have severe symptoms. Some people have no symptoms.

### Common heart attack symptoms include:

- ♥ Chest pain that may feel like pressure, tightness, pain, squeezing or aching
- ♥ Pain or discomfort that spreads to the shoulder, arm, back, neck, jaw, teeth or sometimes the upper belly
- ♥ Cold sweat
- ♥ Fatigue
- ♥ Heartburn or indigestion
- ♥ Lightheadedness or sudden dizziness
- ♥ Nausea
- ♥ Shortness of breath

**Similar to men, the most common heart attack symptom for women is chest pain or discomfort.** However, women are also more likely to experience other common symptoms, including shortness of breath, nausea/vomiting, and back or jaw pain.

## Recognising a cardiac arrest

Cardiac arrest is when the heart stops beating suddenly. The lack of blood flow to the brain and other organs causes a person to lose consciousness, or die if not treated immediately.

**Start CPR, Call 911 and immediately access an AED device.** This device will tell you exactly what to do to save a life.

## Recognising a stroke

A stroke happens when blood flow to the brain gets blocked or a blood vessel bursts. Then part of your brain can't get the oxygen it needs, and brain cells become damaged or die.

### The main signs and symptoms of a stroke in both men and women include sudden:

- ♥ Weakness or numbness on one side of your face or in one arm or leg
- ♥ Confusion, trouble speaking, or trouble understanding speech
- ♥ Trouble seeing in one or both of your eyes
- ♥ Trouble walking, dizziness, or lack of balance or coordination

### An easy way to recall and recognise the symptoms of a stroke and act quickly is by using the F.A.S.T. acronym:

**Face** – Ask the person to smile. Do you notice that one side of their face is drooping? Is it numb?

**Arms** – Ask the person to raise both arms. Is one arm weak or numb? Does one arm drift down?

**Speech** – Ask the person to repeat a simple sentence or phrase. Did they repeat it correctly, or are they unable to speak and/or struggling to understand?

**Time** – If the person shows any of these symptoms, time is of the essence. Call 911 and get them to the hospital immediately.