



Women's Heart Risk

Health and Wellness

Tip of the Week
Week 5
February 3, 2020

Our Mission is to promote
health awareness and
encourage healthy lifestyles.

Heart Disease and Women

Heart disease is the leading cause of death for women in the U.S. This explains one in every five female deaths. Even if some women have no symptoms, others may have:

- Dull, heavy or sharp chest pain
- Pain in the neck, jaw, throat, upper abdomen or back
- Nausea, vomiting, fatigue when resting or performing normal activities.

Some symptoms are not found until you have emergencies such as a heart attack or heart failure. If you have any of these symptoms, call 9-1-1 right away.

Source: Centers for Disease Control and Prevention

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