

February 1, 2013

MHD Goes **Red** for Heart Health

Today marks the beginning of American Heart Month, and MHD wore red to call attention to the importance of heart health, especially for women. Heart disease is the No. 1 killer of women nationwide. Do you know the symptoms?

Women's Heart Attack Symptoms

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes, or goes away and comes back.
- Pain or discomfort in 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, the most common heart attack symptom in women is chest pain or discomfort. *But it's important to note that women are more likely to experience the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.*



Southside Health Center

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ZMB Lead

ZMB 3rd Floor



MHD Lab



School of Public Health