

WHEENK! HEALTH

LADIES, LISTEN TO YOUR HEART

MOST WOMEN AT RISK FOR HEART DISEASE DON'T EVEN KNOW IT

THE SYMPTOMS OF CARDIOVASCULAR DISEASE ARE DIFFERENT FOR WOMEN AND OFTEN GO UNRECOGNIZED. MOST WOMEN AT RISK FOR HEART DISEASE DON'T EVEN KNOW IT. ALTHOUGH WOMEN ARE OFTEN MORE CONCERNED WITH DEVELOPING BREAST CANCER THAN CARDIOVASCULAR DISEASE, STATISTICS REPORT THAT CARDIOVASCULAR DISEASE KILLS ALMOST TWICE AS MANY WOMEN A YEAR AS ALL CANCERS COMBINED.

THE FACTS

THE FACTS ARE THAT NEARLY 1 IN 2 WOMEN WILL DEVELOP HEART DISEASE IN HER LIFETIME, AND 1 IN 3 WILL DIE FROM IT. CARDIOVASCULAR DISEASE, OR HEART DISEASE, INCLUDES HIGH BLOOD PRESSURE AND STROKE. HEART TROUBLE USUALLY STRIKES WOMEN IN THEIR 60'S, A FULL DECADE AFTER MEN. THIS IS POSSIBLY DUE TO THE PROTECTIVE EFFECTS OF ESTROGEN. BUT THE TRUTH IS THAT 70 PERCENT OF HEART ATTACKS IN WOMEN OCCUR TO THOSE IN THEIR 40'S AND 50'S.

THE SYMPTOMS

THE SYMPTOMS OF HEART DISEASE IN WOMEN ARE NOT ALWAYS THE SAME AS MEN. MANY OF THE SYMPTOMS WOMEN WITH HEART DISEASE EXPERIENCE ARE NOT SEEN IN MEN. UNFORTUNATELY, A LOT OF THE SYMPTOMS WE ASSOCIATE WITH HEART ATTACK ARE DIRECTED AT MEN. SO WHAT CAN A WOMAN DO FIND OUT HER RISK FACTORS AND WORK TO PREVENT HEART DISEASE? KNOW WHAT THE SYMPTOMS ARE AND GET MEDICAL ATTENTION RIGHT AWAY. ALSO, BE AWARE OF THE RISK FACTORS AND MAKE LIFESTYLE CHANGES THAT CAN REDUCE YOUR CHANCES OF DEVELOPING HEART DISEASE.

BELOW ARE SOME SYMPTOMS AND RISK FACTORS TO BE AWARE OF.

SYMPTOMS: CHEST PRESSURE, SHORTNESS OF BREATH, DIZZINESS, EXCESS SWEATING, EXTREME FATIGUE, NAUSEA, JAW PAIN, HEADACHE.

RISK FACTORS: OBESITY, DIABETES, SMOKING, CHRONIC KIDNEY DISEASE.

IF YOU HAVE ANY OF THE SYMPTOMS LISTED ABOVE, PLEASE SEE YOUR PHYSICIAN RIGHT AWAY. SHE CAN PRESCRIBE SIMPLE TESTS SUCH AS AN EKG OR BLOOD TESTS TO DETERMINE WHETHER OR NOT YOU HAVE HEART DISEASE. GOOD PREVENTATIVE MEASURES FOR WOMEN IN THEIR 50'S ARE TO GET A GOOD MEDICAL HISTORY DONE, A LAB ASSESSMENT, A PHYSICAL, AND A FAMILY HISTORY.

IMPROVE YOUR CHANCES AND YOUR HEALTH. GET REGULAR PHYSICALS, KEEP YOUR DIABETES IN CONTROL, STOP SMOKING, MAINTAIN A HEALTHY WEIGHT, AND GET 30 MINUTES OF EXERCISE MOST DAYS OF THE WEEK. LIMITING SODIUM, SATURATED FATS, CHOLESTEROL, AND TRANS FAT INTAKE CAN HELP. HAVING A DIET HIGH IN FRUITS, VEGETABLES, FISH, AND WHOLE GRAINS ALSO HELP KEEP YOUR HEART HEALTHY.

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