



# Heart Attack Symptoms For Women



Women are more likely than men to have heart attack symptoms unrelated to chest pain, such as:



Neck, jaw, shoulder, upper back or abdominal discomfort



Shortness of breath



Pain in one or both arms



Nausea or vomiting



Sweating



Lightheadedness or dizziness



Unusual fatigue



## Heart disease risk factors for women



Diabetes



Mental stress and depression



Smoking



Inactivity



Menopause



Broken heart syndrome



Pregnancy complications

Source: Mayo Clinic. Palomar Health is part of The Mayo Clinic Care Network.

## What can women do to reduce their risk of heart disease?

Women can make several lifestyle changes to reduce the risk of heart disease, including:



Quit or don't start smoking.



Exercise regularly.



Maintain a healthy weight.



Eat a healthy diet that includes whole grains, a variety of fruits and vegetables, low-fat or fat-free dairy products, and lean meats.



Avoid saturated or trans fat, added sugars, and high amounts of salt.



Take prescribed medications appropriately, such as blood pressure medications, blood thinners and aspirin.



Better manage other conditions that are risk factors for heart disease, such as high blood pressure, high cholesterol and diabetes.

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## Heart Attack What is a heart attack?

A heart attack (myocardial infarction) happens when one or more areas of the heart muscle don't get enough oxygen.

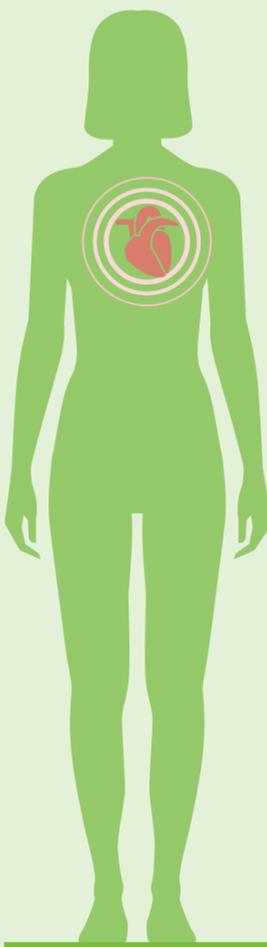
### Heart Attack Risk Factors

#### INHERITED

Inherited or genetic risk factors are risk factors you are born with that can't be changed. They can be improved with medicine and lifestyle changes.

#### ACQUIRED

Acquired risk factors are caused by activities that a person chooses to do. These can be managed through lifestyle changes and medical care.



Severe pressure, fullness, squeezing, pain, or discomfort in the center of the chest that lasts for more than a few minutes



Pain or discomfort that spreads to the shoulders, neck, arms, or jaw



Chest pain that gets worse



Chest pain that doesn't get better with rest or by taking nitroglycerin



Chest pain that happens along with any of these symptoms:

- Sweating, cool, clammy skin or paleness
- Shortness of breath
- Nausea or vomiting
- Dizziness or fainting
- Unexplained weakness or fatigue
- Rapid or irregular pulse

### Warning Signs



## Diet to Help Prevent Heart Disease



Wheat, rice, oats, cornmeal, barley or another cereal grain. Examples include whole wheat, brown rice and oatmeal.

### Grains



Choose a variety of vegetables, including those that are dark green, red and orange.

### Vegetables



Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen or dried.

### Fruits



Focus on fat-free or low-fat dairy products, as well as those that are high in calcium. If you are lactose intolerant, consider options like soy, rice, and almond milk.

### Dairy



Go lean on protein. Choose low-fat or lean meats and poultry.

### Protein

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