

The symptoms of a heart attack in women are often different to those that occur in men.











Watch out for...

Pain, pressure, heaviness, or tightness in your chest, neck, jaw, arms, back or shoulders. Shortness of breath is a common symptom.

What to do if you think you are experiencing a heart attack...

- 1 STOP** and rest immediately.
- 2 TALK.** Tell someone how you feel.
- 3 CALL 000** without delay if your symptoms have lasted for more than 10 minutes and don't hang up – wait for the operator's instructions.

How to maintain a healthy heart...

-  **BLOOD PRESSURE:** Ask your GP for a Heart Health Check. High blood pressure needs to be treated and checked regularly. Know your blood pressure numbers.
-  **MANAGE YOUR CHOLESTEROL LEVEL:** Understand your levels and get regular checks. Take medication if prescribed by your GP and eat a well balanced, healthy diet.
-  **BE SMOKE FREE:** Smoking builds up plaque / atheroma that can build up over the years to clog and narrow the coronary arteries, reducing the blood flow to the heart and thereby increasing the risk of a heart attack.
-  **PHYSICAL ACTIVITY:** A moderate level is great for your heart health and it's never too late to start. Move more, sit less! Work with weights and experience the joy of walking.
-  **MAINTAIN A HEALTHY WEIGHT:** Eat less salt and drink plenty of water. Include fruit and vegetables, whole grains, beans and legumes, up to 6 eggs a week, fish, seafood, and for meat eaters: chicken and lean meat. Have fats and oils sourced from avocados, nuts, seeds and olives.
-  **MANAGE DIABETES** to help prevent heart attack or stroke since this condition increases the risk of heart disease. Several small changes in lifestyle can often manage the diabetes quite effectively.
-  **ALCOHOL INTAKE:** Don't have more than two standard alcoholic drinks a day. If you have high blood pressure or a heart condition, seek medical advice.
-  **SOCIAL WELL BEING:** Aim for a good social life with family and friends. If you suffer from depression or feel socially isolated, get professional help from a medical practitioner.

Spread the Word...

Tell friends about this important information and help save a life. Making the Invisible Visible – #women's hearts

Compiled by the National Council of Women Victoria www.ncwvic.org.au

Information sources: National Heart Foundation: www.heartfoundation.org.au Jean Hailes Foundation: www.jeanhailes.org.au