

The Jeannie Card

One in every three women
dies of heart disease.

Heart disease is the #1 killer of
American women over the age of 25.

Nearly two-thirds of American women
who die suddenly of a heart attack
had no prior symptoms.



Women: Seven Signs to Remember

1. Fatigue
2. Sleeplessness or Insomnia
3. Anxiety and Stress
4. Indigestion or Nausea
5. Shortness of Breath
6. Flu-Like Symptoms
7. Jaw, Ear, Neck or Shoulder Pain
on right side

If you experience any
of these symptoms,
don't wait, call 911.

→ Please Attach To Refrigerator

Seven Signs to Remember

Fatigue

More than 70% of women in the NIH study reported extreme fatigue in the month or months prior to their heart attack. This was not just the kind you can power through - this was an overwhelming fatigue that sidelined them from their usual schedules for a few days at a time.

Sleeplessness or Insomnia

Despite their fatigue, women who have had heart attacks remember experiencing unexplained inability to fall asleep or stay asleep during the month before their heart attacks.

Anxiety and Stress

Stress has long been known to up the risk of heart attack. Women have also reported feelings of anxiety, stress and being keyed up, noticeably more than usual. Moments before a heart attack, many women reported feeling “impending doom”.

Jaw, Ear, Neck, or Shoulder Pain

While pain and numbness in the chest, shoulder, and arm is a common sign of heart attack (among men), women often don't experience the pain this way. Instead, many women say they felt pain and a sensation of tightness running along their jaw and down the neck, and sometimes up to the ear as well. The pain may extend down to the shoulder and arm - particularly on the right side - or it may feel like a backache or pulled muscle in the neck and back.

Indigestion or Nausea

Stomach pain, intestinal cramps, nausea and digestive disruptions are another sign.

Shortness of Breath

Of the women in the NIH study, more than 40% remembered experiencing this symptom. For instance, not being able to catch your breath while walking up the stairs or doing other daily tasks.

Flu-Like Symptoms

Clammy, sweaty skin, along with feeling lightheaded and weak, can lead women to wonder if they have the flu when, in fact, they're having a heart attack.

IMPORTANT: PLEASE ATTACH TO REFRIGERATOR

U.S. Department of Health and Human Services, National Institutes of Health Seven Signs to Remember