



The American Heart Association launches their Go Red Campaign in an effort to heighten women's awareness about heart disease. According to the American Heart Association, heart disease is the number one killer of women and is more deadly than all forms of cancers combined causing 1 in 3 women's deaths each year. Many women believe that if they are fit, doing yoga, running marathons or working out at the gym that they are immune to developing heart disease. Of course exercising is healthy, but your risk of heart disease isn't completely eliminated.

According to the American Heart Association, factors like high cholesterol, eating habits and smoking can counterbalance your healthy lifestyle. The American Heart Association recommends that you start getting your cholesterol checked at age 20, or earlier if there is a family history of heart disease. The American Heart Association has dispelled myths about heart disease in women:

Myth: Heart disease is for men and cancer is the real threat to women: The fact is that heart disease is a KILLER that strikes more women than men, and is more deadly than all forms of cancers combined.

Myth: Heart disease is for old people: Fact is that heart disease affects women of all ages, sizes and ethnic backgrounds. According to the American Heart Association, for younger women the combination of birth control and smoking can boost heart disease by 20%. Even if you live a completely healthy lifestyle, you can still be born with an underlying heart condition that may be a risk factor.

Myth: The final myth by the American Heart Association, "I don't have any symptoms". The fact is that 64% of women die suddenly of coronary artery disease had no previous symptoms. The fact is that the symptoms vary greatly between men and women. Please take note of the symptoms for heart disease/heart attack in women.

- 1) Shortness of breath with or without chest discomfort
- 2) Breaking out into a cold sweat, nausea or vomiting
- 3) Extreme fatigue, dizziness, lightheadedness or fainting
- 4) Uncomfortable pressure, squeezing, fullness or pain in the center of your chest.
- 5) Pain or discomfort in one or both arms, the back, neck, jaw or stomach.

For any questions about your health,
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