



Make the Call, Don't Miss a Beat

(NAPSA)—Did you know that a woman suffers a heart attack every minute in the United States? Don't be included in that statistic. It helps to be aware of how to tell whether you're having a heart attack and what to do if you are. Here, from the U.S. Department of Health and Human Services (HHS) Office on Women's Health (OWH) are tips that can help you educate yourself on the subject:

How to Tell

According to an American Heart Association survey, only half of women recognized chest pain and pain in the arm, neck and shoulders as symptoms of a heart attack. That's why the *Make the Call, Don't Miss A Beat* campaign aims to educate, engage and empower women and their families to recognize the seven symptoms of a heart attack that most commonly present themselves in women. These are:

1. Chest pain, discomfort, pressure or squeezing;
2. Shortness of breath;
3. Nausea;
4. Light-headedness or sudden dizziness;
5. Unusual upper body pain, or discomfort in one or both arms, back, shoulder, neck, jaw or upper part of the stomach;
6. Unusual fatigue;
7. Breaking out in a cold sweat.

Many women have such symptoms occasionally. New symptoms or a change in pattern of symptoms—they're stronger, last longer or occur with less physical effort than usual—are cause for concern.

What To Do

This part is simple: If you or someone you know seems to be having such symptoms, get medical help right away. Call 9-1-1. "Heart disease is the No. 1 killer of women," said HHS Secretary Kathleen Sebelius. "Our goal is to make



MAKE THE CALL



Women with heart attack symptoms should call 9-1-1 to get life-saving treatment in time.

certain that women recognize heart attack symptoms and take action by calling for help immediately."

"The delay in treating women who don't get emergency care quickly is a matter of life and death," said Dr. Lori Mosca, professor of medicine at Columbia University Medical Center, and director of preventive cardiology at New York-Presbyterian Hospital. "This delay may be for many reasons. Some women told us they didn't know they were having a heart attack, or they thought their symptoms would not be taken seriously. Others were busy taking care of others and delayed seeking medical attention for days. Women need to understand that delay may cost them their lives," said Dr. Mosca.

"We want women to understand just how critical it is to call 9-1-1," said Lisa M. Tate, chief executive officer, WomenHeart: The National Coalition for Women with Heart Disease. "First responders want to help. Do your part and make that call to 9-1-1 if you suspect a heart attack, so that they can get you the help you need as quickly as possible."

Learn More

The new initiative's website is womenshealth.gov/heartattack. You can also go to www.facebook.com/HHSOWH and <http://twitter.com/#!/womenshealth>.