



**Heart disease is the No. 1 killer of both men and women in the United States. It is important to be aware of the signs and symptoms of a heart attack:**

- Chest pain or discomfort that feels like a squeezing, fullness or pressure in the center of the chest that lasts for more than a few minutes or that subsides and then returns.
- Pain or discomfort in the jaw, neck, arms, back or stomach.
- Shortness of breath either with or without chest pain.
- Breaking out in a cold sweat.
- Nausea and vomiting.
- Lightheadedness.

Women can experience signs and symptoms of a heart attack differently than men. Chest pain or discomfort may occur, but it may be more subtle. Women may experience a squeezing pressure or fullness in the lower chest, upper abdomen or pressure in the upper back, neck or jaw. Shortness of breath for no apparent reason, dizziness, lightheadedness or fainting, nausea and extreme fatigue are other symptoms that are particular to women.

If you or someone you know has signs of a heart attack, do not wait – call **911** immediately.

Some risk factors for heart disease cannot be changed, such as getting older and your family history.

However, you CAN lower your risk by:

- Controlling and managing your cholesterol
- Not smoking
- Controlling and managing your blood pressure
- Eating a heart healthy diet and managing your weight
- Controlling and managing your blood sugar
- Staying physically active
- Controlling and managing stress
- Taking medications as prescribed
- Visiting your doctor regularly

For more information visit the American Heart Association website at **heart.org**.

**Please Note:** Preventive care services and screenings are only covered when rendered by an in-network physician or health care professional.

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