

Women's heart health

Did you know?

Cardiovascular disease is the #1 cause of premature death in Australian women



Women are less likely to have 'typical' chest pain so may not recognise signs of heart attack

Women's symptoms for heart attack include:



Aching jaw, shoulders, back and burning feeling in throat



Arm discomfort, pain, numbness or tingling



Fatigue, sleep disturbance



Nausea, dizziness, cold sweat, difficulty breathing

Women's risks for heart attack include:



Physical inactivity



Menopause



Poor diet



Smoking



High blood pressure & cholesterol



Not recognising symptoms



Lack of access to services



Low socioeconomic status



Obesity



Diabetes

90% of Australian women have at least one risk factor for heart disease



50% have have at least two

Women in the most disadvantaged areas of Australia have heart disease death rates

29% higher

than those women from the least disadvantaged areas



The costs of healthy food and access to services can impact your ability to improve your health



Ways you can improve your heart health



Don't smoke



Eat a balanced diet



Manage your blood pressure and cholesterol



Be active



See your GP

Check out our Clearinghouse Connector: CVD & Women for more info

<http://whv.org.au/publications-resources/clearinghouse-connectors/cvd-cardiovascular-disease-cvd-and-women>