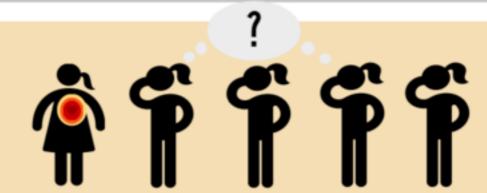


Did you know?

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



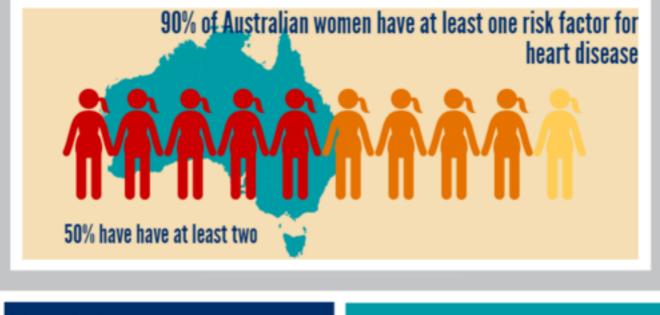
status



Obesity



Diabetes





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



smoke



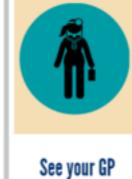
Eat a balanced diet



Manage your bloo pressure and cholesterol



be active



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



#Women'sHealthWeek

