



Women and Heart Disease

Did you know that heart disease is the Number 1 killer of women? Each year more women die of cardiovascular disease than from than all forms of cancer combined. Cardiovascular disease is largely preventable if women make the right choices for their hearts with regards to diet, exercise and not smoking.

Women are more likely than men to experience some of the other common symptoms such as shortness of breath, nausea, vomiting, back or jaw pain. They still experience:

- Uncomfortable pressure, squeezing, fullness or pain in the center of the chest lasting more than a few minutes.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach
- Shortness of breath with or without chest discomfort
- Other signs are breaking out in a cold sweat, nausea or lightheadedness.

The “Go Red for Women” events were designed to make women aware of their heart risk. The first Friday of the month in February, which is heart month, women and men should wear red to bring attention to the fact that heart disease is the No 1 killer of women. So wear red on February 3rd.

February 3rd is the Go Red for Women Luncheon at Ritz Carlton which helps to raise money for more research about women and heart disease.

February 4th is Go Red Connect Event being held at Macy’s West County. Women share their stories and have a chance to become a spokesperson for Go Red for Women events and on its web site.

February 12th “Go Red Sunday” (Have Faith in Heart) invites all faith communities to conduct Go Red for Women educational activities in February or any month. The AHAS provides materials to encourage female members and register online for the movement at www.goredforwomen.org.

February 14th Lindenwood University Basketball Game which will be between Lindenwood and Victory University at 7p.m. This basketball game celebrates the energy, passion and power we have as women band together to wipe out heart disease and stroke.

February 23rd is the Fresh 102.5 Wine and Chocolate Event at Plaza Frontenac from 5p.m. to 8p.m. This is an event to enjoy wine and chocolate sampling, giveaways, shopping and everyone will leave with information about your heart. This event is sponsored by Missouri Baptist Medical. Cost will be \$10.25 with proceeds benefiting AHA.