

FEBRUARY WELLNESS:

HEALTHY HEARTS



February is a month when thoughts of hearts are prevalent. The American Heart Association (AHA) is right there with everyone else in these thoughts. **Go Red for Women**, an initiative by the American Heart Association designed for increasing awareness of women's heart health, is celebrated in February. National Wear Red Day is February 5th. (click below for information)

Did you know that symptoms of a heart attack can look different for women vs. men? Here are some of the symptom similarities and differences, according to the American Heart Association:

- The most common symptom for both men and women is chest pain or discomfort; however, women may not always experience chest pain.
- If a women does experience chest pain, she may feel uncomfortable pressure, squeezing, fullness or pain in the center of her chest; whereas, men may feel squeezing chest pressure or pain.
- Woman may have the symptom of jaw, neck, upper back or arm pain or discomfort. Men may feel jaw, neck or back pain.
- Both women and men may feel shortness of breath, nausea or vomiting.
- Women are more likely than men to feel other symptoms such as breathing out in a cold sweat, lightheadedness, fainting, indigestion, extreme fatigue or pain/pressure in the lower chest or upper abdomen.
- The warning signs of a heart attack for women may be less obvious than those of men.

For additional information, click here: [**Symptoms in a Heart Attack of Women vs. Men**](#)

What should you do if you or someone else is having a heart attack?

Call 911 immediately. Every second counts. Get to a hospital as soon as possible (but do not drive yourself if you are having a heart attack). Try to stay as calm as possible, and take deep, slow breaths while waiting for medical professionals.

To determine your risks of having a heart attack, and to learn ways of preventing a heart attack, click here: [Undersand Your Risks to Prevent a Heart Attack**](#)**

Additional information regarding **Go Red for Women and National Wear Red Day** can be found here: [**https://www.goredforwomen.org/en**](https://www.goredforwomen.org/en)

West Suburban Health Group Website: westsuburbanhealth.com

Health Provider Websites: Fallon: fchp.org Harvard Pilgrim: harvardpilgrim.org

Tufts: tuftshealthplan.com Blue Cross Blue Shield: bluecrossma.com