

Heart disease is responsible for half of all female deaths in the United States.

Yet women's knowledge of the symptoms of heart attack remains largely in the 1950's—we continue to think of it as a "man's disease."

Early intervention is the key to survival and recovery.

Please, if you're experiencing any of these symptoms, don't delay—get to an emergency room with a cardiac care center immediately.

- Early Warning
- Diagnosis
- Treatment
- Rehabilitation



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# The Ladies' Guide to Cardiac Crisis

# Hey, gals!

Did you know that women have heart attacks, too? It's true!  
And sometimes our symptoms are completely different than  
for men. If you notice any of these things happening to you, especially in combination,  
you might be having your own heart attack!

## You should see a doc today!



Fatigue, weakness and dizziness.

Unexplained pain in the back, abdomen or jaw.

Unexplained nausea or indigestion.

Cold sweats.

Leg pain.



And, you can have  
ALL the same symptoms as the guys!  
Sharp chest pain, shooting pains in the  
arms, shortness of breath—the works!

Whatever  
you do,  
don't  
ignore  
these  
warning  
signs  
of a  
heart  
attack.

They could  
kill ya!



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Ladies, don't ignore these warning signs...



Don't Ignore The  
Warning Signs of  
A Heart Attack!

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