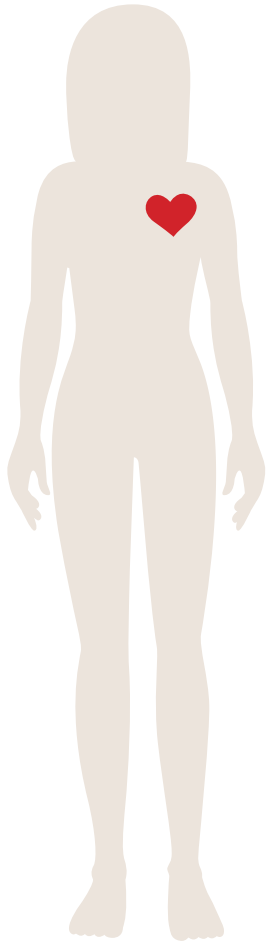


Heart Disease is the #1 KILLER of WOMEN



Heart Attack Symptoms

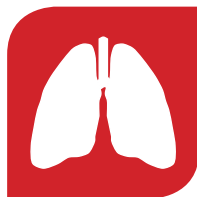
A woman suffers a heart attack every 90 seconds in the United States. Heart attack symptoms in women are likely to be different from those experienced by men. Women may have common symptoms of pain or pressure in the chest, but also have these less obvious symptoms:



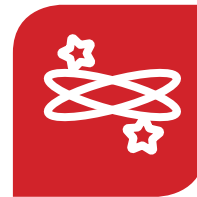
Upper body pain in the neck, back, and jaw



Unexplained fatigue



Shortness of breath



Dizziness or light-headedness



Cold sweats



Nausea or vomiting

Every second counts. If you experience symptoms, call 9-1-1 immediately.

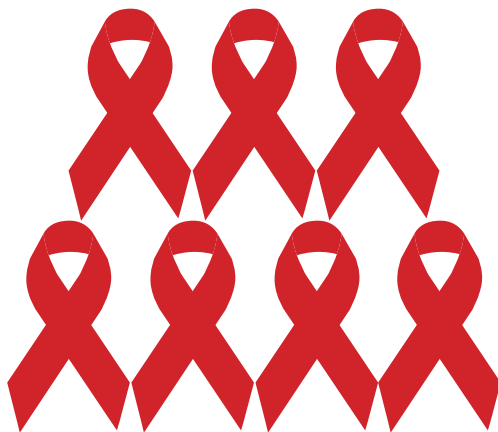
911

Health Threat to Women

Heart Disease is the leading cause of death for women in the United States, killing 1 in every 4 women. Yet most women don't know that heart disease is their biggest health threat.



Breast Cancer



Heart Disease

7x More Women Die of Heart Disease Than Breast Cancer

Improve Your Heart Health

Women may be able to lower heart disease risk by making healthy lifestyle choices, including:



Eat a healthy diet



Maintain a healthy weight



Exercise



Know your family history



Don't smoke and limit alcohol

The Cardiology Center

- Same-day appointments for cardiac symptoms
- No referral needed
- Diagnosis and treatment of heart and vascular disease close to home

For a complete list of services visit: apprhs.org/cardiology

To schedule an appointment, call **(828) 264-9664**



THE CARDIOLOGY CENTER

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